



Cover design by Janine Gawel

Written by Chelsea Evans, Janine Gawel, Abbie Sauter, and Christine Su

“The world is interconnected...humane treatment of animals affects the humane attitude to each person...Remember that any society that finds cruelty and indifference in relation to stray animals will never be kind and compassionate and respectful for people.”

**Tamara Tarnawska, Founder and President
Kiev Society for the Protection of Animals**



Photo by Vasyl Stefurak, Program Manager, Peace Corps Ukraine

“The greatness of a nation and its moral progress can be judged by the way its animals are treated.”

~Mahatma Gandhi

“I am in favor of animal rights as well as human rights. That is the way of a whole human being.”

~Abraham Lincoln

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Lusya by Vasyl Stefurak

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Zena Clements and host dog-photo by Alex Lopez

Introduction

The Animal Welfare Subcommittee of Peace Corps Ukraine's Environmental Working Group was formed in 2011 when volunteers Abbie Sauter and Chelsea Evans, concerned about Ukraine's stray dog and cat problem and aware of the many challenges that have prevented animal welfare from gaining a strong foothold in a country in the midst of upheaval, decided to stop just being concerned and to begin actually doing something. After nearly a year discussing, planning, researching, and writing, we are proud to offer this guide, the culmination of all our effort, as a resource to any volunteer who is interested in animal welfare. It's for everyone who understands that the measure of our humanity is reflected in our treatment of each other, including those citizens of our planet who cannot speak for themselves, and who look solely to us to decide the fate of their existence.

This guide is divided into three sections: Education, Activism, and Pet Care. Education includes lesson plans for all language levels. Activism discusses additional ways of raising awareness, as well as ways that you and your community can directly provide much-needed assistance to animal shelters. And in the Pet Care section you'll find tips and advice for how to care for dogs and cats in Ukraine. Regardless of which materials are of interest to you, I strongly encourage you to read the first section, "Spaying and Neutering in Ukraine: Important Background Information" in order to gain a better understanding of the safety of these surgeries in Ukraine, and why they are so vitally important in so many ways.

Obviously, this is not a definitive, end-all guide—rather it's a work-in-progress that we hope volunteers in the future will add to, update, and enhance. Therefore, if you have any new ideas or anything to add to it, contact the Animal Welfare Subcommittee. Or, better yet, become a member! But however you decide to become involved, know that your effort will be one positive step closer towards improving the situation for animals in Ukraine. This guide is just the beginning of what's possible-the rest is up to you!

Janine Gawel
Group 41 CD Volunteer
2013

And just in case you need further inspiration....



This is Alisa. My host sister found her shivering in the rain in Chernigov, undernourished and wearing a collar that she had outgrown and that was digging into her skin. After a month of medicine to treat her wounds, Ukrainian-generous helpings of food (Ukrainian food, not cat food, and I can personally attest to the fact that my host mom and sisters are awesome cooks) and lots of love from my host family and their two other cats, she couldn't be happier.

The animal welfare challenge in Ukraine may seem daunting, but all around us are people who care, and if given the opportunity will be more than happy to help.

...So get involved and get going!!! 😊 Janine

Spaying and Neutering in Ukraine: Important Background Information

By Janine Gawel, January 2013

Veterinarians and animal welfare experts around the world nearly unanimously agree that the key to solving pet overpopulation is sterilization. Other methods of dealing with stray dogs and cats—various euthanization policies and opening up animal shelters—fall short on their own because they do not get at the root of the problem. Animal shelters and humane education are important components of the solution, but without a comprehensive spay/neuter program, namely making sure these surgeries are safe, affordable, and accessible for people's pets, as well as sterilizing stray/feral dogs and cats, the problem will inevitably persist.

Sadly, however, a majority of veterinarians in Ukraine are limited in being able to perform safe and affordable surgeries. This is because the anesthetic drug Ketamine was outlawed in January 2011 (aside from a few exceptions, which I will explain in a minute). This dealt a severe blow to the practice of veterinary care in Ukraine, because the alternative anesthetic drug that is now commonly used is significantly more expensive and carries with it considerably more risk. The dosage of Ketamine needed for each animal is safe and effective within a much wider range, whereas the alternative drug allows for only a very small margin of error. If too little is given, the animal may seemingly be put under and yet still feel the pain of surgery—a horrendous torture that no animal should experience. Likewise, a dosage that is too high can also be extremely harmful, even lethal. Several Peace Corps volunteers and Ukrainians I have spoken with reported that their pets had very negative and painful experiences when they were sterilized. Yet vets who choose to ignore this law and continue to use Ketamine without a special license face the possibility of a severe prison sentence.

So then why was Ketamine banned? When I spoke with Tamara Tarnawska, Founder and President of the Kiev Society for the Protection of Animals, she explained that the motives behind this decision boil down to increasing the bottom line. Though the official argument is that Ketamine was banned to prevent it from being used recreationally as a street drug, in truth it is rarely used in this way, certainly not enough to warrant limiting its use among veterinarians. The alternative drug now given is roughly three times more expensive than Ketamine, and someone in this sad, profit-driven facade is reaping the benefits.

All of this at first left the Animal Welfare Subcommittee in a bind as to how to approach humane education efforts, as well as how to advise other volunteers on whether or not they should sterilize their own pets. Fortunately, speaking with Tamara Tarnawska shed much light on the situation and led me to understand that

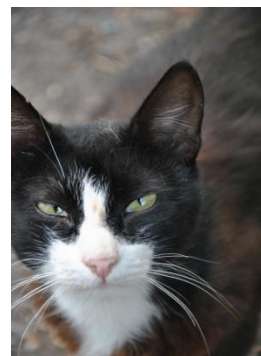
it *is* possible to safely spay and neuter animals in Ukraine. You just have to do your homework and be careful. Here is what she told me:

- Though most private-practice veterinarians do not have legal access to Ketamine, a handful of veterinarians who work at state-run clinics have been granted permission. Therefore, the simple, vital question that those who are searching for a vet to operate on their animal must ask is whether or not Ketamine will be used (it is pronounced the same way in Russian and Ukrainian: кетамин/кетамін).
- Because Ketamine is cheaper than the common alternative drug, sterilization by vets who use Ketamine will usually be cheaper as well.
- The approximate price range for surgery is between 150 and 350 UAH.
- Finding a vet who uses Ketamine will be very helpful in the future should your animal ever need any other type of surgery that requires anesthesia.
- **And the most important thing to remember is this:** *regardless of cost, regardless of whether you have to travel further in order to find a vet who uses Ketamine, spaying/neutering is one of the most important things you can do for your pet. There are a host of health and behavioral benefits associated with sterilization, and it is the single most effective measure in preventing pet overpopulation.*

Knowing this information has allowed us to continue our very pro-sterilization stance. In the “Pet Care” section of this guide you can find a more detailed discussion of the benefits of sterilization, as well as how to find the right vet/clinic. You should also be sure to explain this information when educating your students or raising awareness about pet overpopulation. Lastly, please always do your own research, as policies and practices may change, and some information may not pertain to your particular situation. Safe sterilization surgeries may not be as accessible as in most other countries, but they are still entirely possible to obtain, and in our opinion the extra effort is definitely worth it.



Vasyl Stefurak



Joohee Lee

Activism

Ways you can help homeless animals



Photo by Joohee Lee

It's important to understand that pet overpopulation in Ukraine is not simply an issue of neglect or even of a lack of resources. Rather, systematic and widespread brutality (poisoning, beating, shooting) is used to 'control' the problem, a problem that could economically, ethically, and very feasibly be solved at its root cause with a comprehensive spay/neuter program. As discussed on page 5, "Spaying and Neutering in Ukraine" however, right now Ukraine seems far away from implementing such a program. We must remember, however, that one of the great things about being Peace Corps volunteers is that we have the opportunity to work and share our ideas with those who will one day hold the key to this problem--young people. And because they look to us as role models for ideas and inspiration, we should never underestimate how significant it is for us to simply affirm the importance of this issue, and to encourage them to share with others an attitude of respect and kindness to animals.

How You Can Help Animal Shelters

1. First, decide *who* you want to help:

- Ask your co-workers, neighbors, students etc. (or maybe you can have your students ask their parents) to find a shelter in your area.
- Keep in mind that a shelter doesn't have to be super near you in order to help them out. For instance, you can always gather donations and then transport them the next time you travel. One organization that we highly recommend donating to is Kiev Society for the Protection of Animals-SOS. Their location in Kiev makes them a convenient beneficiary for PCVs traveling through the city for other reasons, but more importantly they are an internationally-recognized, reputable organization that uses all donations to take good care of their animals. Any type of dog and cat food and blankets are always needed, but cash donations are vital as well, as they are mostly used to buy medicine.

If you are interested in helping Kiev Society for the Protection of Animals-SOS, you may contact President Tamara Tarnawska at:

tamarat@voliacable.com or 063-630-60-81

She has worked with Peace Corps volunteers in the past and will be delighted to hear from you, as well as more than willing to meet you wherever you may be in Kiev in order to pick up your donations.

- If you'd rather donate to a shelter closer to your site, here are two international databases of reputable animal organizations that may help you find a shelter in your region (just search for 'Ukraine')

<http://www.wspa.org.uk/members/findmember/>

<http://www.worldanimal.net/directory>

- Keep in mind that you don't necessarily have to connect with a shelter. Maybe you know someone in your community who regularly feeds stray dogs and cats, and you can help that person buy pet food. Ask your students if they know of anyone.



Joohee Lee

2. Next, make sure the organization is reputable:

Sadly, many shelters in Ukraine do not take good care of their animals and/or are not fiscally responsible. Schedule a meeting with a representative of the organization to introduce yourself and learn as much about them as you can.



Vasyl Stefurak

Be suspicious of any orgs that are only interested in receiving money but don't seem very excited about important items such as food, cleaning supplies, and blankets. Every shelter needs these things, so if the representative you talk to keeps pushing for just cash, this is probably a sign that you should direct your efforts elsewhere.

It's possible that the organization you decide to help will already have some ideas for what you can do, and some resources for spreading information in the community. Still, it's always good to come prepared with a few ideas of your own (see "fundraising ideas" below).

3. Decide *how* you will help:

Rather than just handing over money, we recommend donating supplies such as food and blankets. If you are doing a fundraiser with students, they will probably have a lot more fun if they can help you buy actual items with the money you raise, as they will be able to see the results of their work. In addition, giving money carries with it the added worry that it may get lost or stolen, or perhaps not used for the purposes that you would have liked. Lastly, donating supplies may mean that you don't have to do a fundraiser in order to buy items, students can just donate old blankets or cleaning products, for example. Keep in mind though that organizing a fundraiser can be a great experience for your students, and it may also be a great opportunity to raise awareness for pet overpopulation. Which brings us to our next section...

Awareness/Fundraising Ideas!

- Have a pet food/blanket drive in your classes and turn it into a contest. The student who brings in the most items will get some kind of cool prize.

- Have your students create donation cans, and then at one of your school's concerts (or even at an outdoor concert/event in your community) they can ask the crowd for donations. Other PCVs have had a lot of success with this fundraising technique.

- Concerts are always a great way to raise money and spread awareness. For example, you can charge 5 hryvnia per ticket, and in addition to songs do skits/maybe a PowerPoint about the problem, and in between each performance quiz the audience about animal overpopulation and how they can take proper care of animals. Invite other PCVs near you to give performances and help out.



Stray in Mykolayiv by Tommy Boyd

- Organize a bake sale.
- Create flyers and brochures for an animal shelter with your students, or a big poster about the shelter that you can hang at school.

- If you check out a shelter and it's legit, maybe it would be possible to go there with your students and just spend time with the animals (after getting permission from parents of course). Animals need attention and exercise every day to stay healthy and happy, and most shelters in Ukraine are understaffed and have very small cages.



Zena Clements & Pepito Alejandro de la Hoya Clements

Awareness in general

Maybe it's not possible to connect with an organization, but that doesn't mean you can't raise awareness for animal welfare in general. Here are a few ideas you can bring to the classroom:

Lesson Plans

See the "Education" section of this guide for lessons about prepare pet care and preventing overpopulation. Older students can use parts of these lessons to maybe visit other classrooms and teach younger kids.



Erin Martin on behalf of Nazar Tarabuzan, Romankivtsi Gymnasium

Videos

After talking to your class about this issue, have your students create a short awareness video about what they have learned and then share it on vk/YouTube. Maybe different classes can make different videos, and you can hold a contest for whichever video gets the most views.

Posters

Make an informational poster together that students can hang for everyone to see.

Photo Contest

Have your students take pictures of their pets or stray animals, then hold a contest either in the classroom or by voting online. This is a great way to engage them creatively, and you can then harness this sparked interest into a meaningful discussion about animal kindness/pet overpopulation. Consider giving out prizes in different categories so that there's more than one winner.

Essay Contest

For more advanced students, here are some possible questions you can ask. Feel free to mix and match to create your own prompt:

- Why is being kind to animals important in society?
- Why is dealing with animal overpopulation in a humane way important?
- Think for a minute about where you would like Ukraine to be in 20 years (don't think about how you believe it will *really* be, think about how you *want* it to be). Do you feel it's possible for Ukraine to reach this level *without* solving its stray animal problem? Why?
- Mahatma Gandhi stated that "The greatness of a nation and its moral progress can be judged by the way its animals are treated." Do you agree or disagree with this statement? Why?

- What are some things that you feel are preventing Ukraine from solving pet overpopulation? How are these factors related to other problems that the country has?
- How do you think solving pet overpopulation will help Ukraine in other ways? For example, less dog bites, gives foreigners a better impression of the country, etc.
- What is one thing you personally can do to raise awareness and help solve this problem (no effort is too small!)



Before coming to Ukraine, volunteer Zena Clements (YD, Group 41) coordinated and directed a successful spay/neuter campaign in a small town in Costa Rica. This is a street dog in her neighborhood, who, before getting spayed, in one year alone gave birth to 26 puppies. This dog was her inspiration for the campaign. Once Zena learned that she would be coming to Ukraine, she named the dog 'Любо.'

Education

Lesson Plans for all ages/English levels



Photo by Joohee Lee

Мы всегда должны быть добрыми к животным. Они нуждаются в нашем уходе за ними и в нашей любви. Это не круто быть злыми по отношению к животным!



Art by Janine Gawel

We must always be kind to animals. They need our care and our love. It's not cool to be cruel to animals!

Proper Pet Care -Beginner Lesson Plan

Objective

To help students understand that all pet dogs and cats have certain needs that must be met in order to keep them alive and healthy, and certain wants that will keep them happy.

Materials

- Crayons, markers or colored pencils
- Scissors
- ABC letter cards (printed as either individual sheets or with up to four letters per page) you can download them here: <http://www.pcukraine.org/en/tools/materials.html>. Search for 'animal welfare' and this will be the first lesson plan. Below it will be a link for the letter cards)
- Vocabulary Assessment (at the end of this lesson)
- Venn Diagram: My Needs and Wants and a Pet's Needs and Wants (at the end of this lesson)

Warm-up

Ask students to name different things that dogs and cats need to be happy and healthy. Encourage them to talk about dogs and cats they may have at home and how they/their families care for them.

Activity 1

- Distribute ABC letter cards to the students. As you hand them out, hold each one in front of the class, say the word, and have the class repeat after you in order to learn the vocabulary.
- Have the children trace in the words and color the pictures.
- Discuss each item with the students and how they are important for pets.

Discussion

Explain the difference between needs and wants. Define the term **Needs** as something useful or necessary. Examples are food, water, shelter. Define the term **Wants** as items that a person/animal desires to have but it will not help them grow or stay alive.

Ask the following questions:

1. Do humans have needs, if so, what are they? (yes, food, water, shelter)
2. Do animals have the same needs as humans? (yes)
3. Do you have wants? (Yes, video games, new clothes, going to sporting events, etc.)
4. Do animals have wants? (Yes, walks in the park, a comfy bed, toys, etc.)
5. Can animals tell you all of their needs and wants? If so, how? (Yes, some dogs will scratch on a door to ask to go outside, cats meow when they are hungry, etc.)

Activity 2

Draw or display the Venn diagram Attachment One: Venn Diagram: My Needs and Wants and a Pet's Needs and Wants. As a whole class have the learners give examples and write

them in the circles. The idea is to develop the concept that animals have many of the same needs and wants that humans have. Encourage them to brainstorm at least 3-4 items that could go in each part of the diagram. They can refer to the ABC letter cards for ideas.

Discussion

Explain why it is important to show kindness and respect to the animals we keep as pets.

Ask:

When we feed and give water to our pets are we acting with kindness and respect? Have students discuss what other “things” pets and people need/want that cannot be bought at a store. (family love and attention including time, care, touch, trust. Discuss with students if these are needs or wants, and why. Accept all reasonable answers.)

Wrap-up

- Complete the Vocabulary Assessment with students (either as a class or individually) in order to check their understanding.
- Pose the questions: Whose responsibility is it to take care of the pets we have in our homes? Allow time for the learners to share their thoughts.

Vocabulary Assessment

Which one of the pictures is a want for a human?



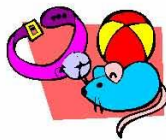
A Bird needs which of the following items?



Which items would help you care for a dog?



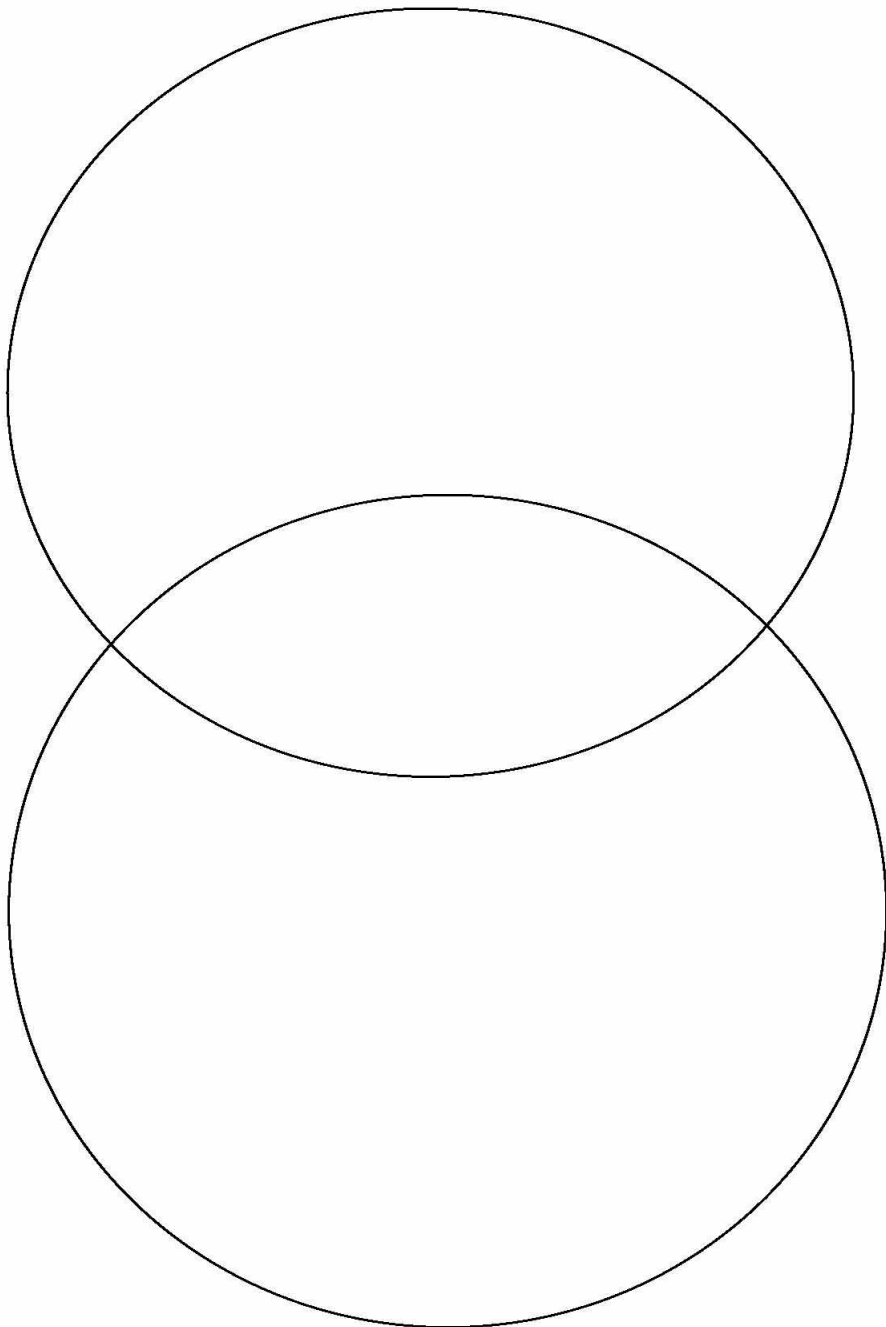
What would you do to show love to your pet?



Yelling



My Needs and Wants and My Pets Needs and Wants



Responsible Pet Ownership/Animals Have Feelings Too!

(Can be adapted for different language levels)

Objective: To teach kids about responsible pet ownership and how to prepare for new pets, and to recognize situations of animal cruelty

Materials:

- “Be Kind to Animals” flashcards (at the end of this lesson)
- Animals’ Needs List (included here)
- Friends For Life handout (at the end of this lesson)
- The Right Path for Pets handout (at the end of this lesson)
- Writing utensils and paper

Warm-Up

1. How do we choose our pets? Begin by asking students how they received their pets. Were they gifts? Did they find them? How long have they had them?
2. Then talk about how they care for their animals. How did they prepare for ownership?
3. Guide them through the Right Path for Pets handout. This will introduce them to spaying/neutering and veterinarian recommended tips for preparing for owning pets.

Presentation of New Material

1. Begin by discussing the problem of homeless animals in Ukraine. In Kyiv, there are between 25,000 and 40,000 stray dogs. Do the students see many stray dogs and cats in their town, too? What do they think this means for these animals?
2. Start a list on the board of problems that come from many stray animals. Have the students add their ideas. Problems can include unhealthy, unhappy animals, continued overpopulation, disease, euthanasia, and animal attacks.
3. Now start a separate list on WHY there are so many stray animals. What leads to this problem? Include things like irresponsible owners, not spaying or neutering animals, etc.
4. End with a last list of how to combat this problem. Include ideas like spaying/neutering your pets, taking care of pets for their whole lives, keeping animals indoors, and being kind to animals while encouraging others to be kind.

Practice of New Material

1. Pass out Be Kind to Animals flashcards. Have the students explain each picture. Ask them for each one: What is wrong with the picture? How is the animal feeling? How would you feel in this same situation?
2. Break the students into four groups (one for each situation). Have them each create a 1-minute skit to illustrate the dangers in pet neglect and how a responsible owner should act in that situation. Have them present the skits for the entire class.

Application of New Material

1. Have the students make a list of things that all animals (including humans!) need to have happy and healthy lives. To get them started, you may want to give them the different categories from the

Animals' Needs list and have them fill in what they think is appropriate for each one.

2. Present the Animals' Needs list to students. See how close it is to what they wrote and discuss the importance of each thing. How close are they to human needs?
3. Discuss the idea of animal cruelty. Have the students look back at the situations and how they lead to overpopulation and many stray animals. Is this animal cruelty? Make two lists: Cruelty to Humans and Cruelty to Animals. Have students fill in the lists. How similar are they? Ideas for the list: neglect, improper shelter, little food or water, hitting, irritating to get a reaction.
4. Short discussion: Why are people cruel to animals? They may not know they're being neglectful, or they may be taking out their own anger on something helpless. Make sure the students understand that animal cruelty isn't a game; it is a sign of a much deeper problem and that it is their duty to stop it.

Conclusion

1. Look at the Friends for Life handout. How does this stop animal cruelty?
2. As a last discussion, talk about how students can help the animals in their community. Tell them they are doing their part just by treating their animals right.

Animals' Needs List

Physiological Needs: feeding, warmth, light

Environmental Needs: a home for rearing young or safety from predators

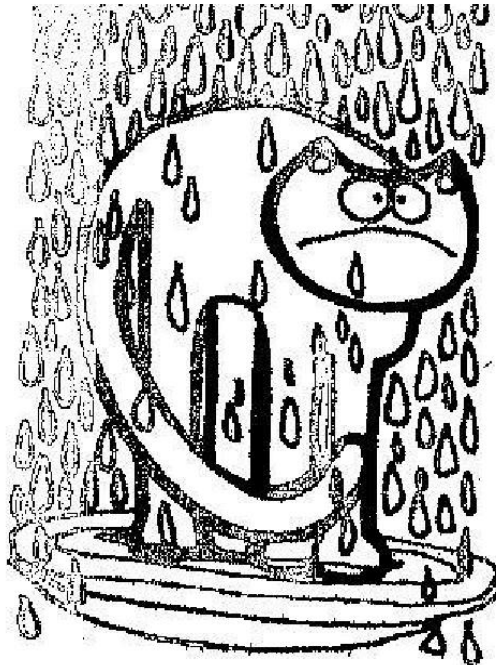
Health Needs: being able to carry out life's processes

Behavioral Needs: opportunities to build nests, hibernate, dig, scratch,

Social Needs: being solitary or in a group

Psychological Needs: preventing boredom, providing stimulation

BE KIND TO ANIMALS
WHAT'S WRONG WITH THIS PICTURE?



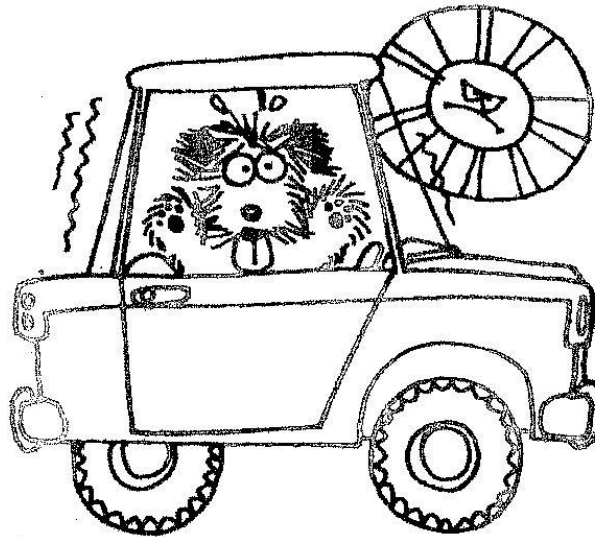
BE KIND TO ANIMALS
WHAT'S WRONG WITH THIS PICTURE?



BE KIND TO ANIMALS
WHAT'S WRONG WITH THIS PICTURE?

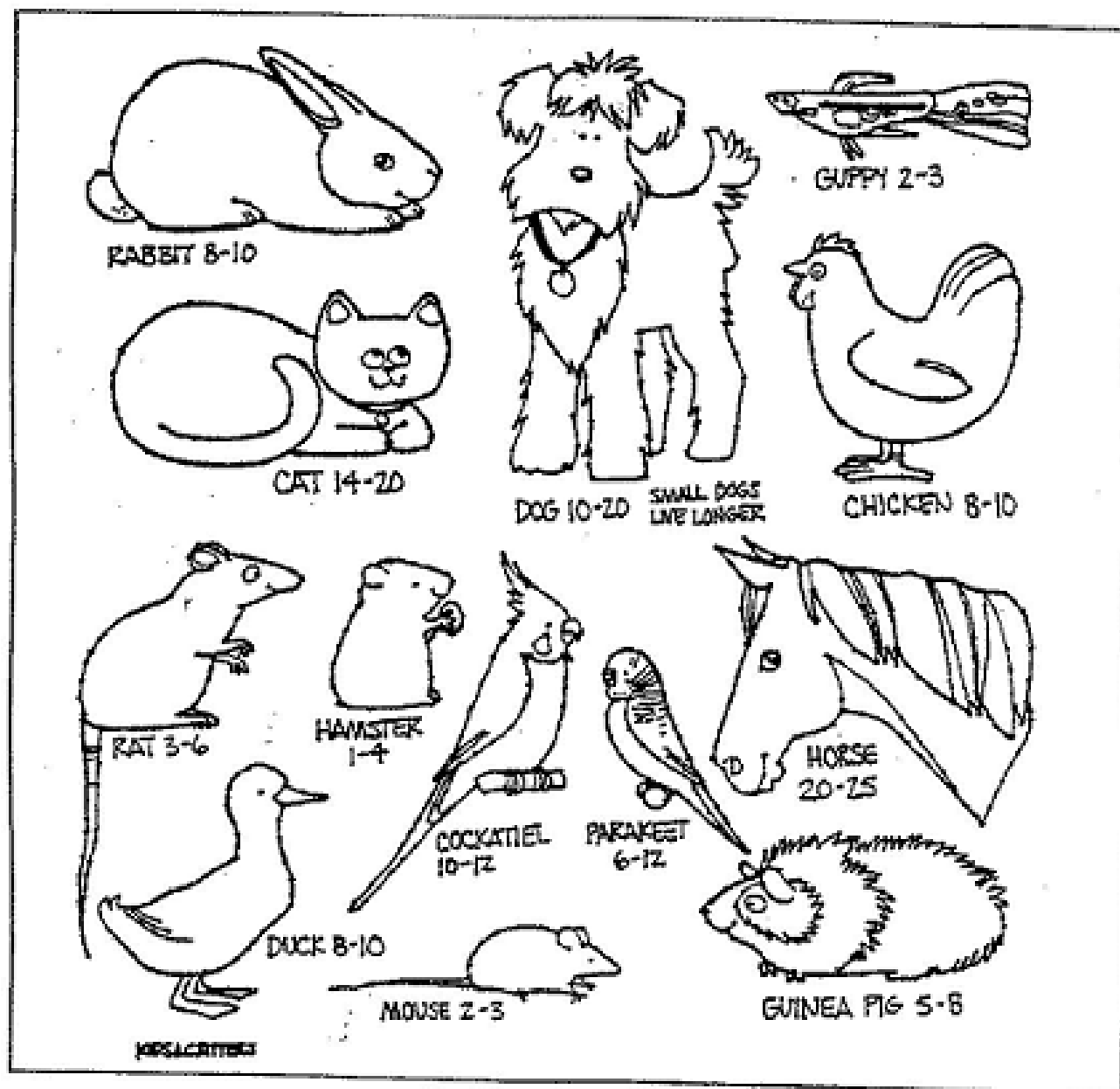


BE KIND TO ANIMALS
WHAT'S WRONG WITH THIS PICTURE?



Friends For Life

Here are the life expectancies (in years) of some popular pets:



My name is _____ I am _____ years old.

If I get a _____ for a pet, he/she will probably live
until I am _____ years old.

The Right Path for Pets

Karalee is adopting two dogs from an animal shelter.

Before bringing their new pets home, Karalee's family went shopping. They bought dog food, dog toys, a brush, leashes, collars, and ID tags.

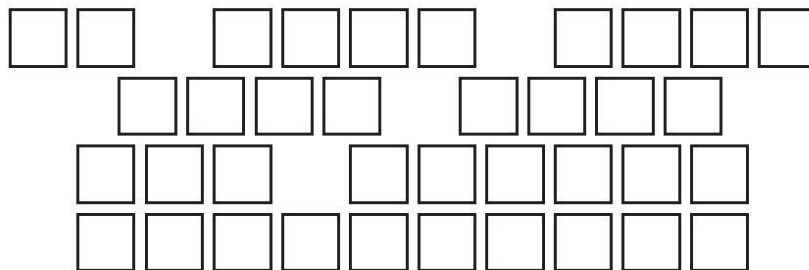
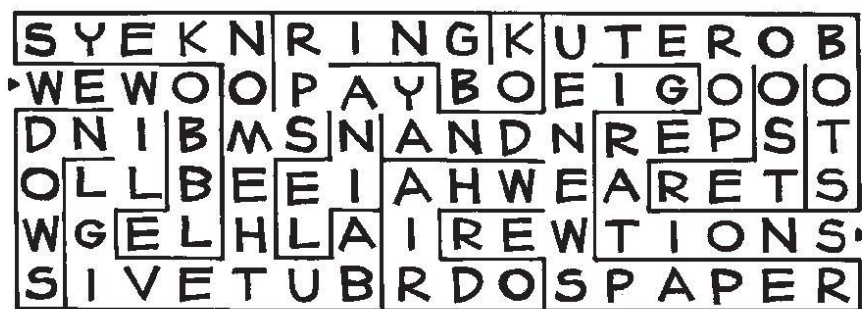


"That's great," they answer.

"There are just two more things your pets will need before they go home. They are not something you can buy at a pet supply store. But we will give your pets these two things right here."

It's finally time to go to the animal shelter. Karalee is very excited. She tells the people at the shelter all the things she has for her new pets.

What are they? Draw a line along the correct path in the maze. Write the letters your line passes through.



Spaying and neutering are operations that keep pets from having babies. There are already too many pets without homes. The operations also help keep pets healthy.



Draw a picture of Karalee playing with her two new friends.

Pet Overpopulation and Spay/Neuter - Beginner Lesson Plan

Objective: To help students understand the problem of pet overpopulation and how it can be solved.

Materials:

- Crayons, markers or colored pencils
- Scissors
- Animal Faces Coloring Page (at end of this lesson)
- Animal Shelter Image (at end of this lesson)
- Homeless Image (at end of this lesson)
- It's Good to Spay and Neuter Your Pets! PowerPoint (you can download it at: <http://www.pcukraine.org/en/tools/materials.html>. Search for "animal welfare" and it should be under the third lesson that comes up).
- Tape

Warm-up-Discuss Pet Overpopulation

Ask students if they have ever seen animals without a home. Do they see them often? Do they look happy? Healthy? What type of dangers do they face?

Explain to children that every year, millions of dogs and cats are born that we cannot find homes for. Most of them end up living on the street. They face dangers such being hit by cars and buses, harsh weather, and not having enough food or clean water. Other dogs and cats live in small cages in animal shelters. They often are not fed well and don't get enough exercise. Most of them will not find homes and must be put to sleep.

Activity I - Animal Faces handout

Give each student an Animal Faces handout. Have them color in and name each pet, then cut out each of the faces. They can each pick ONE animal from their sheet to keep; a few are then taped to the ANIMAL SHELTER image and the rest are taped to the OUTSIDE image.

Ask students the following questions:

- How many animals have homes?
- How many are living in the shelter and outside? Discuss what the lives of these animals are like.
- Was it hard to pick one animal?
- How do they feel about the other animals they left in the shelter or outside?
- Don't all animals deserve a good home?
- What can we do to stop the problem?

Activity II - Spay/Neuter

Everyone loves to see baby animals, but ask the students if it's fair to bring animals into the world that we do not have homes for and must instead live on the street or in a shelter. To stop the problem of homeless animals, we must stop our pets from having babies. To do this, our pets need an operation. We call this spaying for females and neutering for males.

Discuss Spaying and neutered facts with the **It's Good to Spay and Neuter Your Pets! PowerPoint**. Below are explanations for each slide:

2 - Spayed or neutered animals live longer, healthier lives. Sterilized pets live an average of two to three years longer than pets that are not sterilized, and are less likely to get cancer and many other serious illnesses.

3 - Because sterilized pets lead healthier lives, spaying or neutering your pet can save you lots of \$\$\$ on vet bills.

4 - Spayed/neutered animals are calmer and better behaved. They spray and mark less, and are less likely to want to roam away from your home. Spaying eliminates messy and annoying heat cycles.

5 - Spaying and neutering increases your pet's loyalty and focuses their attention on you so they are easier to train.

6 - Spaying and neutering animals reduces aggression and helps protect children from dog bites.

7 - Spay/neuter procedures are not dangerous or painful if they are done by a reliable vet who can perform the surgery using the correct anesthetic drug.*

8 - A spay/neuter procedure is less stressful for your pet than it is to have litter after litter of puppies and kittens.

9 - Spaying or neutering does not cause pets to become fat or lazy; too little exercise and too much food cause your pet to be overweight. Sterilizing a dog will not alter her/his instinct to protect your home and family.

10 - Not all veterinarians use the appropriate drugs to keep your pet from feeling pain during the operation. Do research and ask neighbors with pets before picking a veterinarian to perform the operation.*

Final Discussion – What can you do?

Ask students what they can do to help stop animal overpopulation. See what ideas you can elicit from them. Here are some ideas for you to get started:

- Spay or neuter your pet at two months of age – don't wait for the first litter!
- Join in the fight against pet overpopulation. Spread the word!
- Educate your friends and family about spay/neuter facts vs. myths
- It's a small price to pay for the health of your pet and the prevention of more unwanted animals!

*In order to understand the safety of spay/neuter operations in case your students have further questions, we strongly encourage you to read "Spaying and Neutering in Ukraine: Important Background Information" on page 5 of this guide.

Note about the "1 in 10 will find a home" figure in the Animal Faces Coloring Page: this is an estimate for stray dogs and cats in the US. Due to a lack of data, it's difficult to arrive at an accurate figure for Ukraine, though the percentage of strays who find homes is certainly much lower.

PET OVERPOPULATION

There are too many dogs and cats in this country.
Every day, thousands are born for whom no homes exist.
Every day, thousands must be killed.
Only 1 in 10 will find a home.

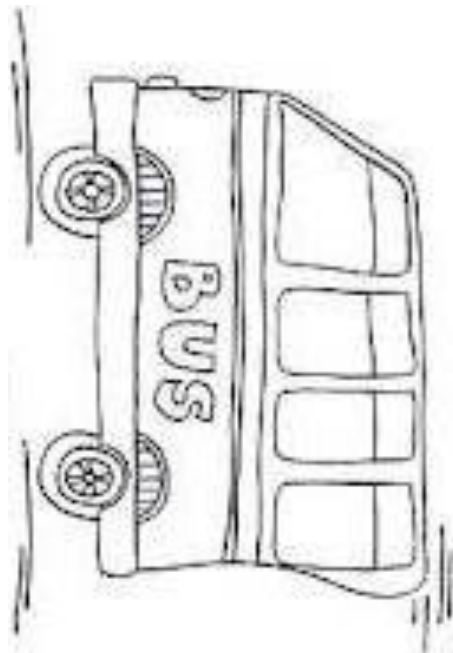
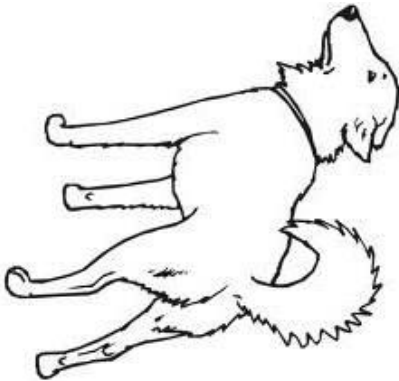
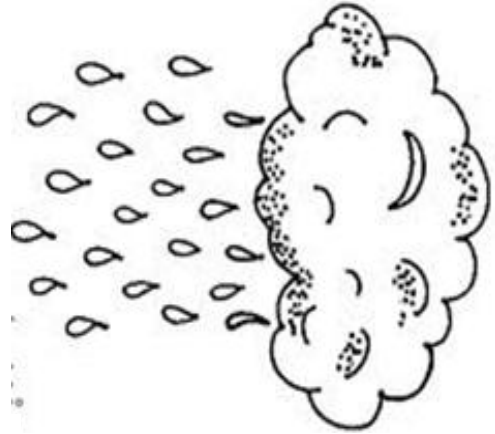
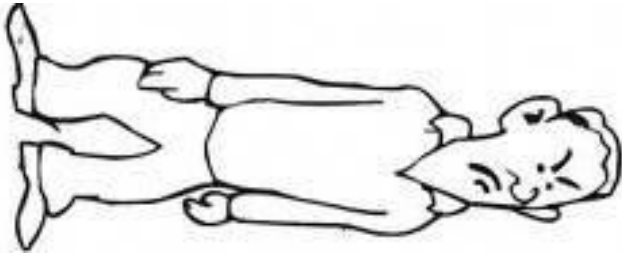
PLEASE SPAY OR NEUTER YOUR PETS!



Animal Shelter



Homeless



Pet Overpopulation and Spay/Neuter – Intermediate/Advanced Lesson Plan

Objective: To help students understand the problem of pet overpopulation and how it can be solved.

Materials:

- Dog Overpopulation Math Worksheet (at end of this lesson)
- 15 Dogs, 45 Cats, and You Handout (at end of this lesson)
- Sterilization True False Worksheet (at end of this lesson)

Warm-up- Discuss Pet Overpopulation

Ask students if they have ever seen animals without a home. Do they see them often? Do they look happy? Do they look healthy?

Activity – Overpopulation Math

- Explain to students that every year, millions of dogs and cats are born that we cannot find homes for. If they have a pet that roams outside and is not sterilized, this is very likely adding to the problem!
- How many offspring can one dog produce? Do **Dog Overpopulation Math Worksheet**. Go over answers as a class (answer is 511.) Explain that this is only for one dog over two years. Imagine how many puppies one dog can have in a lifetime!
- Do you think the number of kittens a cat could produce in a few years would be similar? Explain that cats can actually reproduce more quickly than dogs. One study suggests that one female cat and her offspring can produce **400,000** cats in only seven years.

Discussion – Overpopulation Consequences

- What does this mean for each student in this classroom? Distribute the **15 Dogs, 45 Cats and You handout**. Explain this number of pets isn't just for your family, it is for you individually. Can you handle caring for all those animals? The clear answer is NO.
- Because of the pet overpopulation issue, many dogs and cats end up living on the street. It isn't fair to just release animals to be homeless. The lives of stray animals is very difficult because many things can threaten them. Ask the students to brainstorm the problems stray animals face. Some answers may be:
 1. Starvation
 2. Loneliness
 3. Harsh weather
 4. Vehicles (hit by car)
 5. Abuse by people
 6. Getting attacked by other animals

- A few stray dogs and cats live in small cages in animal shelters. They often are not fed well and don't get enough exercise. Most of them will not find homes and must be put to sleep.
- So what is the answer to this issue? Sterilization!

Activity - Sterilization True or False

Distribute Sterilization True False Worksheet. Once students are finished discuss the true and false statements on the worksheet.

True Statements:

- Spayed or neutered animals live longer, healthier lives. Sterilized pets live an average of two to three years longer than pets that are not sterilized, and are less likely to get cancer and many other serious illnesses. Because sterilized pets lead healthier lives, spaying or neutering your pet can save you money on vet bills.
- Spayed or neutered animals are calmer and better behaved. They spray and mark less, and are less likely to want to roam away from your home. Spaying eliminates messy and annoying heat cycles.
- About 156,000 stray cats and dogs are abused and killed in Ukraine each year. Promoting pet sterilization can lead to a major decrease in this number.
- Spaying and neutering increases your pet's loyalty and focuses their attention on you so they are easier to train.
- Personality traits of pets will not be altered by sterilization. However, spaying and neutering animals reduces aggression/fighting and helps protect children from bites and scratches.
- In 2008, the Kiev City Administration allocated 8,000,000UAH for a dog sterilization program for **one year**.
- Spay/neuter procedures are not dangerous or painful if they are done by a reliable vet who can perform the surgery using the correct anesthetic drug.

False Statements Corrected:

- Spaying a female pet is less stressful for her than having even one litter. In addition, it greatly reduces the risk of many types of serious health problems, such as cancer.
- Spaying or neutering an animal in Ukraine is a onetime cost that ranges between 150UAH to 350UAH. This amount is small in comparison to what it would cost to treat an animal attack because your pet was aggressive, to treat cancer or other illnesses that could be prevented by sterilizing your pet, or even the cost of feeding your pet and their offspring.
- Animal shelters are not able to find homes for most of the pets they receive. Most animals that enter shelters live their lives in small cages or are put to sleep due to lack of space or funding.
- Spaying or neutering does not cause pets to become fat or lazy; too little exercise and too much food cause your pet to be overweight. Sterilizing a dog will not alter its instinct to protect your home and family.
- Pets that are spayed or neutered are less likely to bite than non-sterilized pets; sterilized pets are less aggressive and thus safer to have in a family setting.

- Even if you do find homes for a pet's offspring at first, this is no guarantee that these animals will have these homes for the rest of their lives. In addition, if they are not sterilized, they will contribute to the overpopulation problem in the future. And for every home that you find, this family could have instead adopted one of the many stray animals already in need.

Discussion – Sterilization in Ukraine

- In general, spaying and neutering dogs and cats is one of the safest and simplest veterinary procedures.
- Unfortunately, veterinarians in Ukraine were dealt a severe blow to their ability to perform safe surgeries of all kinds when the anesthetic drug Ketamine was outlawed in January 2011. The only other drugs available are simply not safe.
- However, some vets who work at state-run clinics have been granted permission to use Ketamine. Therefore, the simple, important question to ask when searching for a vet to perform any type of surgery is whether or not Ketamine will be used.
- Do your research and talk to your neighbors with pets before choosing a vet and putting your pet through surgery!

Discussion – What can you do to help?

Ask students what they can do to help stop pet overpopulation. See what ideas you can elicit from them. Below are some ideas to get you started:

- Spay or neuter your pet at two months of age – don't wait for the first litter!
- Join in the fight against pet overpopulation. Spread the word!
- Educate your friends and family about spay/neuter facts vs. myths
- It's a small price to pay for the health of your pet and the prevention of more unwanted animals!
- And of course, we have included many more suggestions for tackling this problem in the "Activism" section of this guide, starting on page 7!

ACTIVITY FIVE—COMPANION ANIMAL OVERPOPULATION MATH SHEET



In the United States alone, 8 to 10 million homeless dogs and cats are taken to animal shelters each year. A typical female dog will have two litters of six puppies each year. Assume that each litter has three males and three females. The answer to this math problem will help us understand why there are so many homeless dogs and cats.

Part A

DIRECTIONS: After each sentence, write the correct number of dogs in the box.

1. Pretend you have ONE unspayed female dog. Her name is Bonnie.	_____
2. In the spring, Bonnie has SIX puppies—three males and three females.	_____
	+

	=
	TOTAL A
3. In the fall, Bonnie has her second litter of SIX puppies.	_____
4. AND her THREE daughters have SIX puppies each. (3 x 6)	_____
	+

	=
	TOTAL B
5. The next spring, Bonnie has her third litter of SIX puppies.	_____
6. Her SIX daughters each have a litter of SIX puppies. (6 x 6)	_____
7. AND her NINE granddaughters each have a litter of SIX puppies (9 x 6)	_____
	+

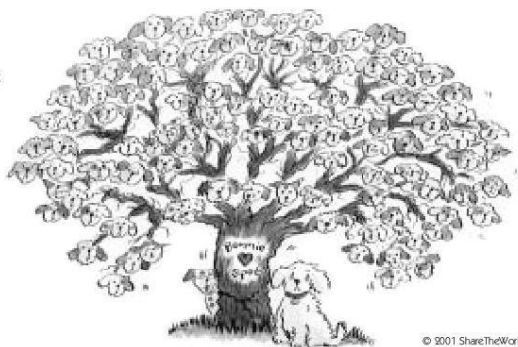
	=
	TOTAL C
8. The next fall, Bonnie has her fourth litter of SIX puppies.	_____
9. Her NINE daughters each have a litter of SIX puppies (9 x 6)	_____
10. AND her 54 granddaughters and great-granddaughters each have a litter of SIX puppies. (54 x 6)	_____
	+

	=
	TOTAL D

$$\underline{\quad A \quad} + \underline{\quad B \quad} + \underline{\quad C \quad} + \underline{\quad D \quad} = \underline{\quad \text{TOTAL} \quad}$$

Part B

What should have been done for Bonnie so that at the end of two years, you would have had just one dog?
Write your ideas here:



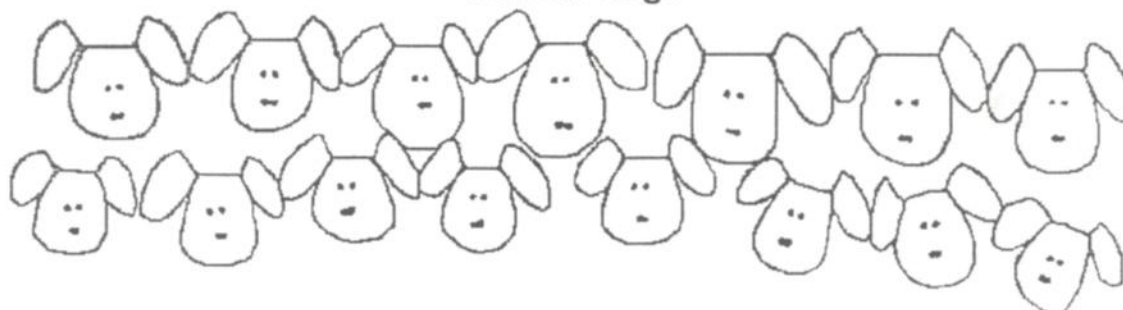
© 2001 ShareTheWorld.com

15 Dogs, 45 Cats, and YOU!

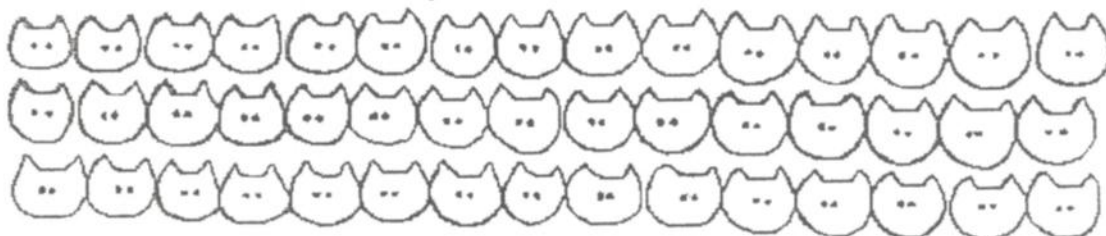
For every person that is born,



Fifteen dogs



And Forty-Five cats are also born.





Pet overpopulation is a **BIG** problem! In order to keep up with the current flood of puppies and kittens, every person would have to own 15 dogs and 45 cats during their lifetime.

PLEASE SPAY OR NEUTER YOUR PETS!

On the Right Path

Help Lia get her dog to the vet to be neutered. The path they need to follow is made up of true statements about pets and spay/neuter operations. Show them the correct path to take by

shading in only the boxes with true statements. (You cannot go diagonally.) If you get stumped, check the hint at the bottom of the page. But give it a try first!

START 	Spaying and neutering help dogs and cats live longer and healthier lives.	The operations keeps pets from getting certain kinds of cancer.	Neutering cats makes them less likely to spray and mark their territory.
It's better for pets to have one litter before being spayed.	Animal shelters are able to find homes for all the pets they receive.	It's too expensive to have pets spayed or neutered.	Having pets spayed or neutered will help solve the pet overpopulation problem.
Neutering pets makes them less likely to get into fights.	Neutering will not change a pet's basic personality.	Pets who have not had the operations often have more behavior problems.	Spaying and neutering operations make pets better companions.
Communities spend millions of dollars to control populations of unwanted animal companions.	Pets will get fat and lazy after they've had the operation.	It's okay for my pet to have a litter if I find homes for all the babies.	Pets who have been spayed or neutered are often more likely to bite.
Neutering makes pets less likely to roam or run away.	Pets can have the operations as young as eight weeks of age.	Veterinarians can tell you the best age for your pets to have the operation.	END 

Hint: The true statements have an even number of words. False statements have an odd number of words.

On the back, rewrite all the false statements to make them true. You can find information to help you at www.hsus.org.

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Care of Magical Creatures (AKA Spay/Neuter Lesson Plan with Harry Potter Theme)

Objective: To help students understand the problem of pet overpopulation and how it can be solved.

Materials:

- Care of Magical Creatures Handout (one per student, at end of lesson)
- Azkaban and Forbidden Forest Images (at end of lesson)
- Markers, crayons or colored pencils
- Scissors
- Tape
- Fang Overpopulation Math Worksheet (one per student or one per group, end of lesson)
- Sterilization True False Worksheet (one per student or one per group, end of lesson)

Warm-Up

- Tell the students that today they will be adopting and caring for a magical creature. Pass out the **Care of Magical Creatures Handout** and have students identify each of the creatures from the Harry Potter books.

Activity – Magical Creature Adoption

- Let the kids color the creatures and cut them out.
- Explain to the students that caring for a magical creature is a lot of work and that they can only pick one to adopt. Let them each choose their creature.
- Collect the creatures that the students did not pick and tell them a few of the remaining creatures will live in Azkaban while the rest will be forced to live in the dangerous Forbidden Forest. (Tape these creatures on or around the Azkaban and the Forbidden Forest images.)
- Tell the students that a similar problem exists in Ukraine. Ask students if they know what it is. Discuss what the creatures (cats and dogs), Azkaban (shelters), and the Forbidden Forest (the street) symbolize.

Activity – Overpopulation Math

- Explain to students that Hagrid has heard of this problem and he is worried about his dog, Fang.
- Pass out the **Fang Overpopulation Math Worksheet**. Read it as a class and let the students do the math (answer is 511.) Explain that this is only for one dog over two years. Imagine how many puppies Dolores could have in a lifetime!
- Tell the students Hermione is also worried about Crookshanks and his family. Do you think the number of kittens a cat could produce in a few years would be similar? Explain that cats can actually reproduce more quickly than dogs. One study shows that one female cat and her offspring can produce **400,000** cats in only seven years.

- Ask students if they know any solutions on how to control pet overpopulation.
Answer: sterilization is a major solution!

Activity - Sterilization True or False

- Tell the class that Hagrid has heard of pet sterilization but he wants to learn more before he does anything.
- Distribute **Sterilization True False Worksheet** and have students complete it. Once students are finished, discuss the true and false statements on the worksheet.

True Statements:

- Spayed or neutered animals live longer, healthier lives. Sterilized pets live an average of two to three years longer than pets that are not sterilized, and are less likely to get cancer and many other serious illnesses. Because sterilized pets lead healthier lives, spaying or neutering your pet can save you money on vet bills.
- Spayed or neutered animals are calmer and better behaved. They spray and mark less, and are less likely to want to roam away from your home. Spaying eliminates messy and annoying heat cycles.
- About 156,000 stray cats and dogs are abused and killed in Ukraine each year. Promoting pet sterilization can lead to a major decrease in this number.
- Spaying and neutering increases your pet's loyalty and focuses their attention on you so they are easier to train.
- Personality traits of pets will not be altered by sterilization. However, spaying and neutering animals reduces aggression/fighting and helps protect children from bites and scratches.
- In 2008, the Kiev City Administration allocated 8,000,000UAH for a dog sterilization program for **one year**.
- Spay/neuter procedures are not dangerous or painful if they are done by a reliable vet who can perform the surgery using the correct anesthetic drug.

False Statements Corrected:

- Spaying a female pet is less stressful for her than having even one litter. In addition, it greatly reduces the risk of many types of serious health problems, such as cancer.
- Spaying or neutering an animal in Ukraine is a onetime cost that ranges between 150UAH to 350UAH. This amount is small in comparison to what it would cost to treat an animal attack because your pet was aggressive, to treat cancer or other illnesses that could be prevented by sterilizing your pet, or even the cost of feeding your pet and their offspring.
- Animal shelters are not able to find homes for most of the pets they receive. Most animals that enter shelters live their lives in small cages or are put to sleep due to lack of space or funding.
- Spaying or neutering does not cause pets to become fat or lazy; too little exercise and too much food cause your pet to be overweight. Sterilizing a dog will not alter its instinct to protect your home and family.

- Pets that are spayed or neutered are less likely to bite than non-sterilized pets; sterilized pets are less aggressive and thus safer to have in a family setting.
- Even if you do find homes for a pet's offspring at first, this is no guarantee that these animals will have these homes for the rest of their lives. In addition, if they are not sterilized, they will contribute to the overpopulation problem in the future. And for every home that you find, this family could have instead adopted one of the many stray animals already in need.

Discussion – Sterilization in Ukraine

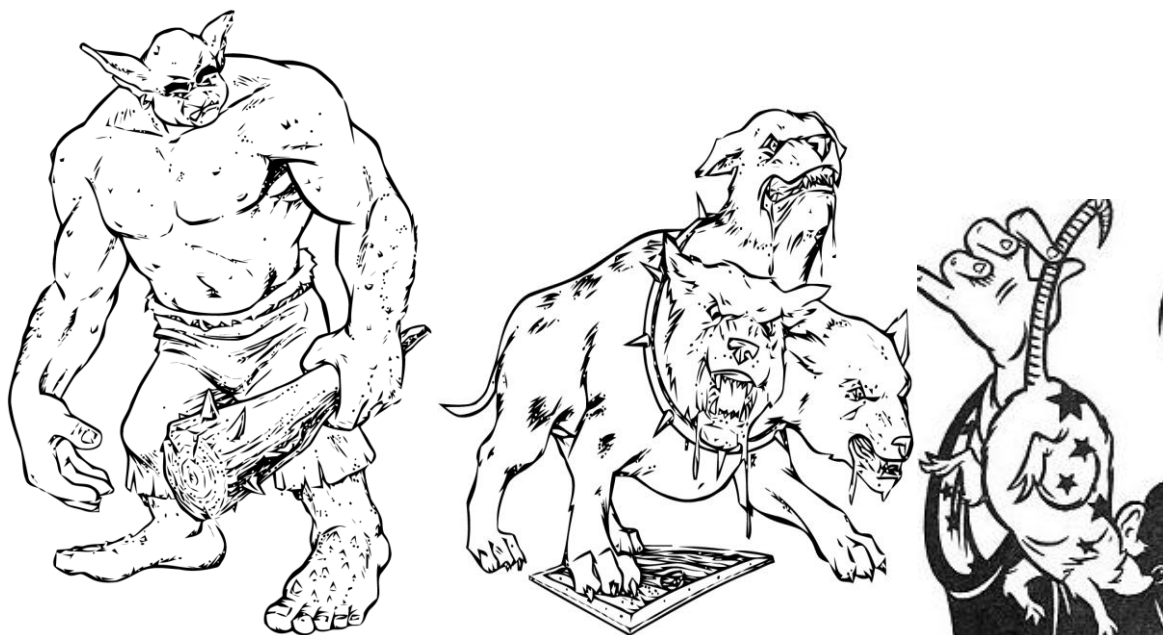
- In general, spaying and neutering dogs and cats is one of the safest and simplest veterinary procedures.
- Unfortunately, veterinarians in Ukraine were dealt a severe blow to their ability to perform safe surgeries of all kinds when the anesthetic drug Ketamine was outlawed in January 2011. The only other drugs available are simply not safe.
- However, some vets who work at state-run clinics have been granted permission to use Ketamine. Therefore, the simple, important question to ask when searching for a vet to perform any type of surgery is whether or not Ketamine will be used.
- Do your research and talk to your neighbors with pets before choosing a vet and putting your pet through surgery!

Discussion – What can you do to help?

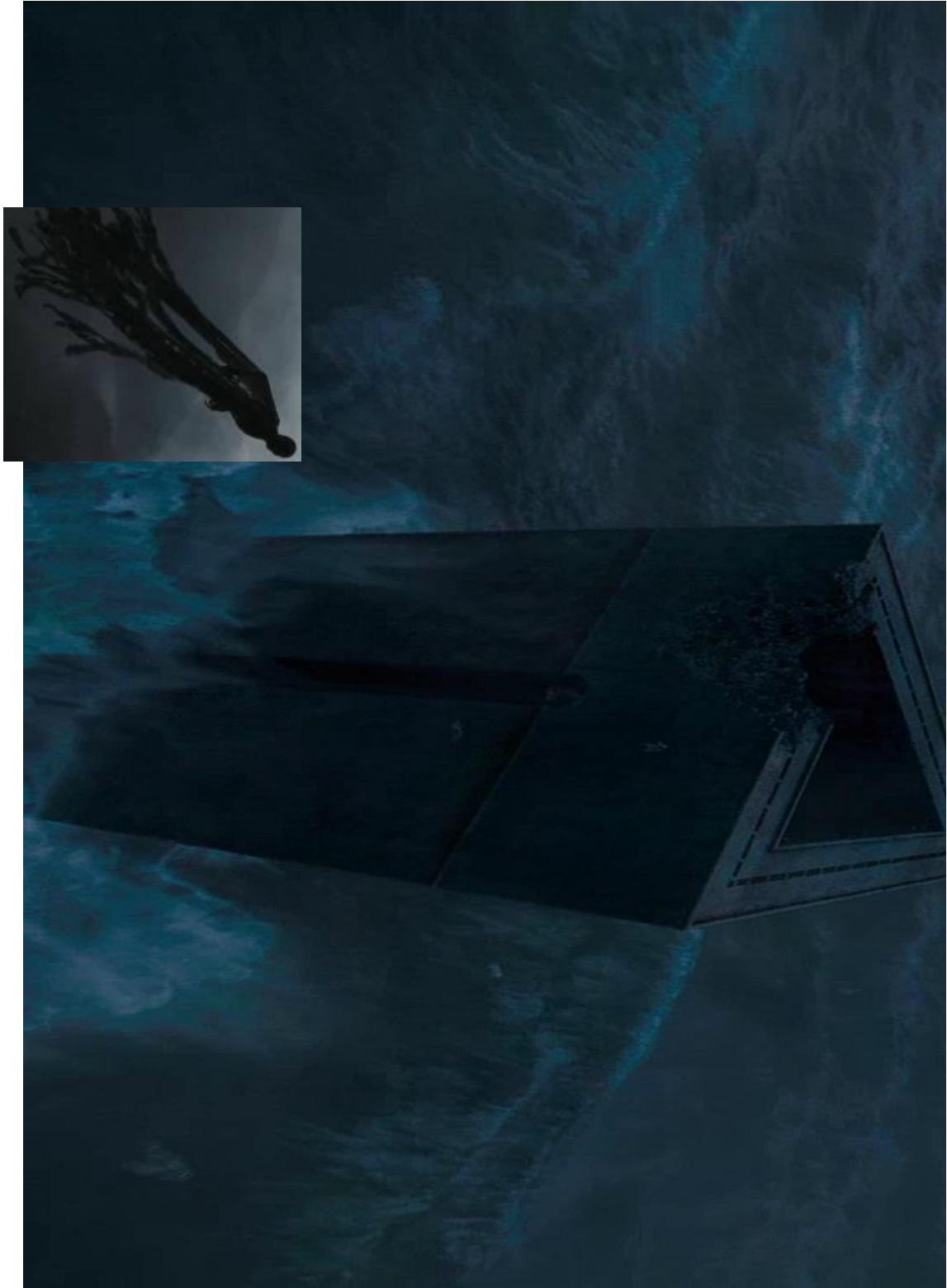
Ask students what they can do to help stop pet overpopulation. See what ideas you can elicit from them. Below are some ideas to get you started:

- Spay or neuter your pet at two months of age – don't wait for the first litter!
- Join in the fight against pet overpopulation. Spread the word!
- Educate your friends and family about spay/neuter facts vs. myths
- It's a small price to pay for the health of your pet and the prevention of more unwanted animals.
- And of course, we have included many more suggestions for tackling this problem in the "Activism" section of this guide, starting on page 7!

CARE OF MAGICAL CREATURES



AZKABAN



THE FORBIDDEN FOREST



Hagrid is worried about his dog, Fang. Fang's wife, Dolores, is pregnant with puppies. Hagrid wants to know how many puppies Fang, Dolores, and their family will have after two years. Help Hagrid by doing the math!

1. Now, Hagrid has TWO dogs, Fang and Dolores.

2. In the spring, Dolores has SIX puppies – three males and three females.

$$\begin{array}{r} \underline{\hspace{2cm}} \\ + \underline{\hspace{2cm}} \\ = \underline{\hspace{2cm}} \\ \text{TOTAL A} \end{array}$$

3. In the fall, Dolores has her second litter of SIX puppies.

4. Her THREE female daughters also have SIX puppies each (3x6)

$$\begin{array}{r} \underline{\hspace{2cm}} \\ + \underline{\hspace{2cm}} \\ = \underline{\hspace{2cm}} \\ \text{TOTAL B} \end{array}$$

5. The next spring, Dolores has her third litter of SIX puppies.

6. Her SIX daughters also have SIX puppies each (6x6)

7. Her NINE granddaughters also have SIX puppies each (9x6)

$$\begin{array}{r} \underline{\hspace{2cm}} \\ + \underline{\hspace{2cm}} \\ + \underline{\hspace{2cm}} \\ = \underline{\hspace{2cm}} \\ \text{TOTAL C} \end{array}$$

8. The next fall, Dolores has her fourth litter of SIX puppies.

9. Her NINE daughters each have a litter of SIX puppies (9x6)

10. Her 54 granddaughters each have a litter of SIX puppies (54x6)

$$\begin{array}{r} \underline{\hspace{2cm}} \\ + \underline{\hspace{2cm}} \\ + \underline{\hspace{2cm}} \\ = \underline{\hspace{2cm}} \\ \text{TOTAL D} \end{array}$$

$$\begin{array}{r} \underline{\hspace{2cm}} + \underline{\hspace{2cm}} + \underline{\hspace{2cm}} + \underline{\hspace{2cm}} = \underline{\hspace{2cm}} \\ \text{A} \qquad \qquad \text{B} \qquad \qquad \text{C} \qquad \qquad \text{D} \qquad \qquad \text{TOTAL} \end{array}$$


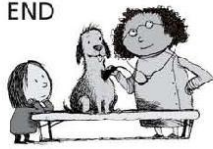


*The average female dog has two litters of six puppies each year.

On the Right Path

Help Lia get her dog to the vet to be neutered. The path they need to follow is made up of true statements about pets and spay/neuter operations. Show them the correct path to take by

shading in only the boxes with true statements. (You cannot go diagonally.) If you get stumped, check the hint at the bottom of the page. But give it a try first!

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It's better for pets to have one litter before being spayed.	Animal shelters are able to find homes for all the pets they receive.	It's too expensive to have pets spayed or neutered.	Having pets spayed or neutered will help solve the pet overpopulation problem.
Neutering pets makes them less likely to get into fights.	Neutering will not change a pet's basic personality.	Pets who have not had the operations often have more behavior problems.	Spaying and neutering operations make pets better companions.
Communities spend millions of dollars to control populations of unwanted animal companions.	Pets will get fat and lazy after they've had the operation.	It's okay for my pet to have a litter if I find homes for all the babies.	Pets who have been spayed or neutered are often more likely to bite.
Neutering makes pets less likely to roam or run away.	Pets can have the operations as young as eight weeks of age.	Veterinarians can tell you the best age for your pets to have the operation.	END 

Hint: The true statements have an even number of words. False statements have an odd number of words.

On the back, rewrite all the false statements to make them true. You can find information to help you at www.hsus.org.

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Pet Care in Ukraine

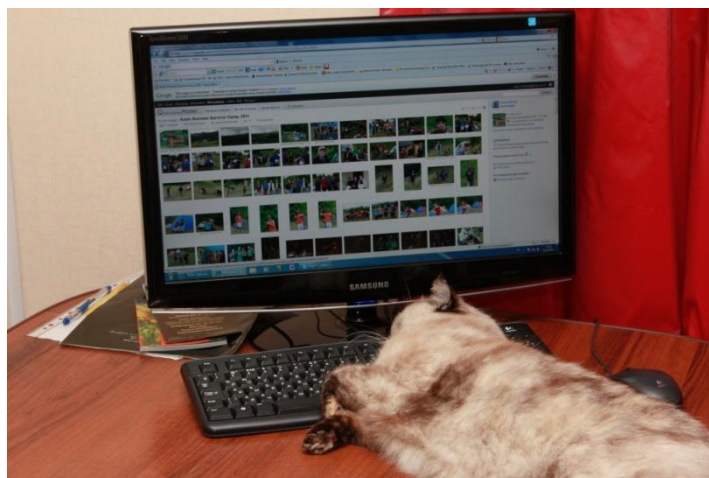
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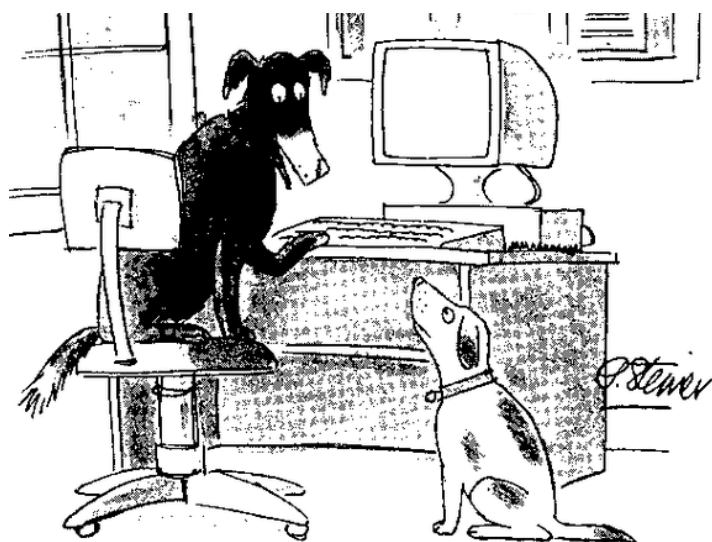
Lusya by Vasyl Stefurak

Spaying and Neutering

Lusya prefers the single life...but is keeping her options open just in case



Vasyl Stefurak



"On the Internet, nobody knows you're a dog."

New Yorker, Peter Steiner

Should I spay/neuter my pet?

Deciding whether or not to spay or neuter your dog or cat is one of the most important decisions you will make for your pet. As discussed on page 5 of this guide "Spaying and Neutering in Ukraine" (if you haven't read it yet, please do!) there are some very important things you must take into consideration when seeking

veterinary surgery in Ukraine. Most importantly, it's vital to find a veterinarian who uses the anesthetic drug Ketamine, as alternative anesthetics are quite dangerous. Yet as we point out, it's entirely possible and totally worth it to obtain safe surgery, and besides, finding a reputable vet here may come handy if your pet has any health issues in the future. Also be aware that if you decide to take your pet back home with you to the states, spaying/neutering is required.

By now you get the gist that we are pretty spay/neuter, but ultimately of course the decision lies with you. Our goal is merely to present some of the research we unearthed on the matter in order to assist you in making an informed decision. Please read through this section carefully, but do your own research and seek your own answers.

What about birth control pills for pets?

Though pills are available in Ukraine that prevent the heat cycle for female cats and dogs, they carry with them serious side effects and can be quite dangerous. Long-term use in cats has been shown to increase the risk of mammary gland cancer, uterine disease, liver disease and diabetes (vetinfo.com). Spaying on the other hand is a one-time, one-cost procedure, meaning you won't have to worry about your pet reproducing in the future even if you don't take her back to the US. Again, we encourage you to do your own thorough research if you are interested in this option.

I'm interested in spaying/neutering my pet—how do I find a reputable veterinarian who will use the right anesthetic drug?

First, ask people at your site. It is a good idea to establish contact with a vet who lives near you, since you may need to visit that vet at some point in the future for other health issues. We also recommend enlisting the help of a Ukrainian friend who can assist in translating so that you can completely understand all information.

Meet with the veterinarian before scheduling any surgery. Write down all the questions you want to ask and go with a Ukrainian friend who can help translate. Even if you have a good grasp of the language, don't go by yourself—the health and safety of your pet is important, and you don't want to miss any details. Likewise, get help from a Ukrainian friend who speaks English well enough to be able to translate more advanced terminology.

Ask the vet specifically whether or not he/she uses Ketamine (which is the same in Russian/Ukrainian: кетамин/кетамін). If they don't, don't get your pet spayed or neutered there. In general, spaying and neutering is one of the safest and simplest veterinary procedures, but drugs other than ketamine will make the surgery considerably risky.

If you can't find a vet near your site who uses ketamine, consider searching for a vet in your oblast capital. Again, you may wish to enlist the help of a Ukrainian friend who can search online and then call veterinarians to find out whether or not they use ketamine. You should search for state-run clinics, since they are more likely to have legal access to the drug. In our opinion, even if you have to travel a further distance to get your pet spayed or neutered, this would be worth it for all of the health and behavioral benefits of sterilization, as well as avoiding all of the risks of unsafe surgery.

If all else fails and you cannot find a clinic near your site or in your oblast, please be aware that there is a highly reputable veterinary clinic located near the Peace Corps Office in Kiev. Here is their contact info:

44 Saksaganskovo Street
Kiev, 01033
044 289 77 44
044 279 88 48
www.fauna-servis.ua

Though the cost of surgery will certainly be higher here than at most clinics, you can be absolutely sure that not only do they use Ketamine, but they provide top-quality service, and are considered one of the best veterinary practices in Ukraine. Yes, it may seem like a hassle to drag your pet all the way to Kiev, especially if you live far away, but we feel that if you have no other options and you want to rest assured that your pet will be in good hands, then it is totally worth it. Read the following section in case you need further convincing...

Benefits of spaying and neutering

(Aside from, obviously, not having lots of babies)



Erin Martin on behalf of Nazar Tarabuzan,
Romankivtsi Gymnasium

After reading through the previous sections some of you might be thinking, “what is the harm in *not* sterilizing my pet? After all, can’t sterilization technically be considered ‘unnatural’ and ‘unnecessary’?” Though this may be true in a sense, the fact is, there is nothing really very ‘natural’ anymore about domesticated dogs’ and cats’ lives. Sterilization is very beneficial to both their mental and physical well-being because it helps them adapt to this sedentary domestic environment.

In addition, wolves and wild cats only have one breeding season per year whereas domesticated female dogs and cats have two or more heat cycles each year and males are always fertile. Thus, this prolonged window of fertility only multiplies the stress and negative effects.

Additional benefits:

Females

- Eliminates risk of ovarian cancer
- Eliminates risk of uterine cancer
- Eliminates risk of diseases of the uterus including pyometra*
(please see below for more info on this condition)
- Eliminates risk of ovarian cysts
- Greatly reduces risk of breast cancer
(this risk is nearly eliminated in females that have been spayed before their first heat cycle).
- Eliminate stressful behavior associated with going into heat: pacing, yowling/whining etc.
- Eliminates the mess of going into heat
- Overall increased lifespan and quality of life



"If they didn't have on-site daycare, I wouldn't even be able to come to these meetings."

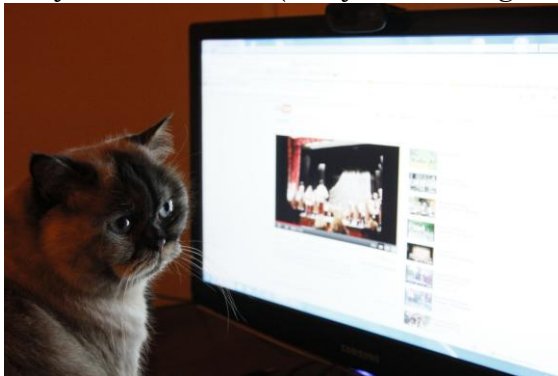
Important information about Pyometra

Pyometra is a life-threatening infection of the uterus that requires emergency surgery or a shot regimen to treat. Though we were unable to nail down exact statistics on the rate of risk, it is not considered an uncommon complication for dogs and cats that go through many heat cycles without mating. **It must be noted that surgery to treat pyometra is much more complicated and carries with it a much higher risk than routine spaying.**

Males

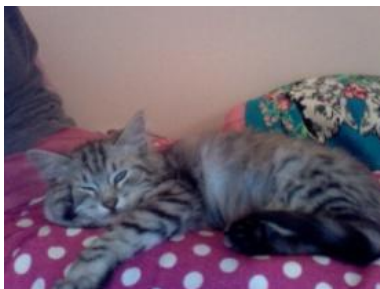
- Eliminates risk of testicular cancer
- Greatly reduces risk of prostate disease
- Greatly reduces risk of perianal tumors
- Greatly reduces spraying/territory-marking
- Less of a need to constantly go outside and calmer temperament
- Less likely to get into fights with other males and become injured
- Overall increased lifespan and quality of life

Do your research! (Lusya is taking a YouTube break)

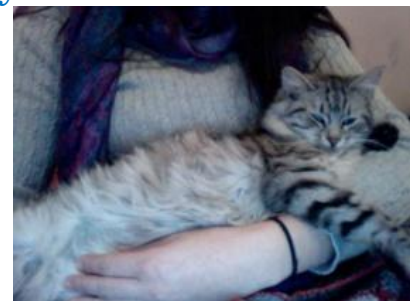
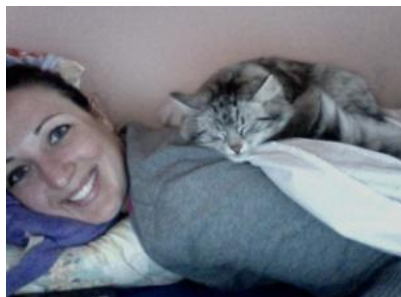


Vasyl Stefurak

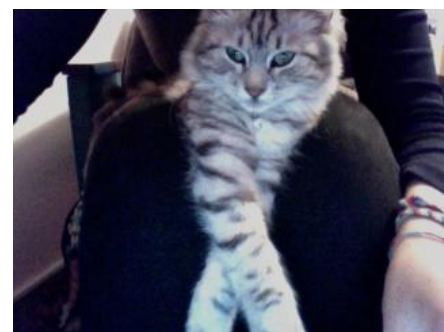
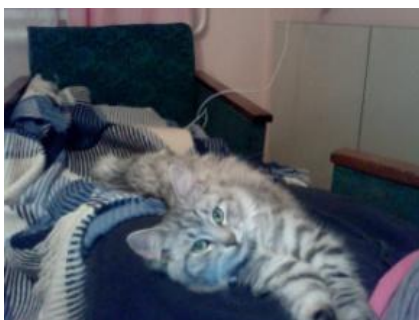
Useful Translations for Veterinary Visits



Chelsea Evans



English	Ukrainian	Russian
Where is the vet located?	Де ветеринар знаходиться?	Где ветеринар находится?
Are you a state vet?	Ви державний ветеринар?	Вы государственный ветеринар?
Do you Spay/Neuter?	Вам стерилізації / кастрації?	Вам стерилизации / кастрации?
Do you have a rabies shot?	Чи є у вас щеплення від сказу?	Есть ли у вас прививка от бешенства?
Do you have animal passports?	Чи є у тварини паспорта?	Есть ли у животного паспорта?
Do you have form #1 for taking animals outside of the country?	Чи є у вас форма № 1 для прийняття тварин за межі країни?	Есть ли у вас форма № 1 для принятия животных за пределы страны?
Do you have microchips?	У вас є мікрочіпи?	У вас есть микрочипы?
Do you sell airport-approved carriers?	Ви продаєте аеропорту затверджених носіїв?	Вы продаете аэропорта утвержденных носителей?
Do you sell pee-pads?	Ви продаєте пі-колодки?	Вы продаете пи-колодки?
Do you sell calming spray for animals?	Ви продаєте заспокійливий спрей для тварин?	Вы продаете успокаивающий спрей для животных?



Chelsea Evans

Food Safety and Nutrition

I am carnivore, hear me roar



Vasyl Stefurak

Good nutrition is the cornerstone of good health and is essential to your pet's well-being. As a busy PCV on a limited budget, choosing the right food for your dog or cat will involve taking into consideration quality, price, and convenience. This section offers recommendations that can help you to make an informed decision.

Q: How do I know which brand of dog and cat food is best?

A: In general, try to go with the most expensive brand you can afford.

Here's why:

Pre-packaged dry or canned pet food can easily be found at most bazaars and supermarkets, as well as many smaller shops. You may recognize a few of these brands from back home, but there is also a large supply of brands imported from Russia. Try not to skimp here; it's a myth that price does not necessarily indicate quality. Better ingredients simply cost more for suppliers, who must then pass this cost on to the consumer. Likewise, lower-quality ingredients are less expensive and are used specifically to produce food that can be sold at a lower price. It's our recommendation that you buy the best quality food you can afford. A healthy diet will go a long way towards preventing illness and even certain behavioral problems, and will therefore save you money and hassle in the long run.

Q: Which is better—canned food or dry?

A: Try to go with canned as much as possible.

Here's why:

Cats' and dogs' digestive systems are designed to handle fat and protein—not carbohydrates. More and more veterinarians are recommending canned dog and cat

food over dry kibble, because it's much closer to what dogs and cats would eat in nature. According to Lisa A. Pierson, DVM at catinfo.org "Feeding the least expensive canned food is far better than feeding the most expensive dry food." Think about it: do lions and wolves in the wild munch on starchy, cereal-like kibble that's been baked to a crisp so that it can sit for an eternity on grocery store shelves (or in bins at the bazaar?). Dry kibble is a recent invention created only within the last 100 years or so for the sake of convenience. The high-starch content often leads to weight problems and causes tooth decay (the absurd idea that it keeps pets' teeth clean is simply a myth perpetuated by its manufacturers—when was the last time you cleaned your teeth by eating cereal?).

Some grain every now and then is not harmful (for example if you want to make your pet homemade treats) but too much grain on a consistent basis *is* harmful. Cats especially can suffer from very serious health problems if their diet is made up of too many carbs, as cats are considered 'obligate carnivores' who are meant to consume diets that are 98-99% fat and protein. The only grain and vegetables that most cats in the wild eat is whatever is found in the stomachs of their prey (we apologize if you yourself happen to be eating as you're reading this). Cats also require a certain amount of moisture to digest their food properly, and eating only dry kibble can lead to urinary-tract problems. Dogs can survive on a slightly more omnivorous diet that includes some plant foods, but too much grain can be harmful to them as well.

All that being said, we completely understand that dry food is much more convenient than canned (that's why it was invented, duh) and some dogs and cats are picky eaters and strongly prefer crunchy food. We simply recommend offering canned food as often as your schedule/budget allows, and if your pet won't eat it, try mixing it with dry food, or a little meat or fish.

Q: What about 'people food'?

A: 'People' food—in other words, *real* food—can be the most beneficial and healthful addition to your pet's diet you can make. Just know which foods to avoid.

Another myth that pet food manufacturers have perpetuated through the years is the idea that table scraps have no place in a pet's healthy diet. This is absolutely not true and actually doesn't make much sense if you really think about it. Why would food that's good enough for people somehow not be good enough for dogs and cats? Commercially-produced pet food claims to be more 'balanced' due to the fact that it has added vitamins and minerals, but it's preferable to obtain nutrients from fresh, real sources.

Behavioral problems associated with feeding scraps—begging and picky eating—can be dealt with without limiting your pet's diet. Establishing set mealtimes, not overfeeding, and only putting your pet's food in their bowl should do the trick.

Of course, you must also be aware of which foods are harmful for your pet....

Foods that can be toxic for dogs and cats

Here is a list of foods that you should avoid feeding your pet (most of these foods are harmful to both dogs and cats). There's no reason to panic if your pet happens to ingest a little of one of these foods by accident, just make every effort to prevent this, since they contain substances that in high enough quantities can very harmful.

Slukom says, "Be careful!"



Steven Peele

Alcohol

Almonds

Avocado—can lead to all sorts of problems in dogs, from respiratory distress to cardiac failure.

Caffeine-containing foods—tea, coffee, chocolate cocoa, cola, energy drinks—too much can be fatal.

Egg whites (raw)—have been shown to block absorption of important B vitamins.

Fruit seeds and pits—apple seeds, peach and cherry pits, etc. are considered poisonous.

Garlic—a small amount should not be harmful, but in large quantities it can be toxic.

Grapes and raisins—Even a small amount can cause serious kidney damage.

Gum and Toothpaste—many brands contain xylitol, an artificial sweetener that is highly toxic to dogs in cats. Even one or two sticks of gum containing xylitol can be fatal.

Liver—a small amount is OK, but too much can lead to vitamin A toxicity.

Macadamia nuts

Mushrooms—can cause gastrointestinal upset and liver and kidney damage.

Nutmeg—too much is toxic for dogs.

Onions and chives in all forms (powdered, raw, cooked, etc.)—damages red blood cells. This is why you should avoid **baby food**, **soup mixes** and **processed snack foods**.

Raw bread dough with yeast—once ingested can swell inside your pet's stomach and cause severe pain. Fermented dough also produces alcohol and can cause alcohol poisoning.

Raw potatoes

Tomatoes—leaves and stems are especially toxic.

Walnuts—can potentially harbor a dangerous fungus if they have been exposed to moisture.

Slukom also says, “Don’t slack off in avoiding these foods—better to be safe than sorry!”



Steven Peele

Healthy whole foods pets can enjoy



Erin Martin on behalf of Nazar Tarabuzan,
Romankivtsi Gymnasium

The following is a list of foods that you should be able to feed your pet without any problems. Just be sure to introduce any new foods slowly at first as each animal reacts differently, and try not to feed too much of one type of food. Dogs and cats, like people, need variety in their diet in order to be healthy!

Raw or cooked veggies:

- carrots
- cabbage
- yams
- squash
- zucchini
- pumpkin
- green beans
- chopped greens

Fruits:

- apples
- berries
- bananas
- watermelon

Remove all seeds/pits as these are considered poisonous. Citrus fruits may cause stomach upset.



Erin Martin on behalf of Nazar Tarabuzan,
Romankivtsi Gymnasium

Dairy products:

- cheese
- cottage cheese
- yogurt
- milk
- sour cream

Avoid: -Processed cheese spreads

-Cheese that is very high in salt (such as 'beer cheese')

Note: Dairy products can be beneficial for your pet, just offer them gradually since many dogs and cats become lactose intolerant once they reach adulthood. The best options are yogurt/kefir and any milk or cheese that is unpasteurized, since these products contain beneficial bacteria and enzymes that will aid digestion.

Eggs

Most sources agree that eggs are safe and healthy for dogs and cats in moderation.

One thing you'll want to consider is whether or not to feed your pet raw eggs. The risk of contamination from harmful pathogens such as salmonella and E. Coli is greater when hens are kept in crowded, unhealthy conditions, such as the factory farms where most eggs in the US are produced. Fresh eggs sold at bazaars in Ukraine come from hens that lead healthier, more natural lives. In addition, dogs and cats have shorter digestive tracts than humans, so even if they do ingest pathogens they are much more resilient to becoming sick than we are. As with all information offered in this guide however, use your own best judgment. In addition, if you do choose to feed your pet raw eggs, **use only the yolks**. Raw egg whites contain avidin, a protein that blocks biotin absorption (biotin is a B vitamin important for skin and hair coat health).

Meat and Fish

Most meat and fish is healthy for dogs and cats, but please keep in mind the following:

- Make sure all meat and fish that you give your pet is bone-free--bones can obstruct or lacerate a cat or dog's digestive system!
- Avoid giving your pet kolbasa, as it is very processed and may contain onion and garlic (see list of foods to avoid).
- Fish that's very salty is probably best to avoid, since too much salt can lead to an electrolyte imbalance and kidney problems.
- Salo should be OK in small amounts, but keep in mind that too much fat can cause digestive upset in dogs and cats.

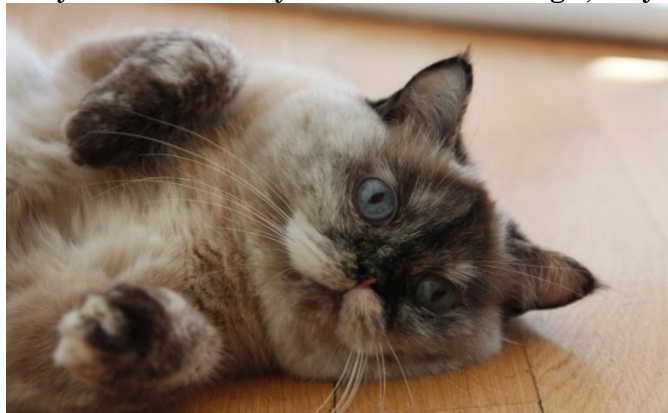
Grains

As explained above, feeding dogs (and especially) cats too much grain should be avoided, but don't be afraid to give your pet oatmeal, rice, grechka etc. every now and then as a treat or if you happen to have leftovers.

Homemade Treat Recipes

If you're feeling bored/ambitious and want to whip something up home-made for your pet to snack on, here are a few recipes with easy to-find ingredients.

Lusya: "If I make myself look cute enough, maybe my people will make me some."



Vasyl Stefurak

Tuna Cookies for Kitty

- ¼ cup flour
- 1 can tuna
- 1 egg
- ¼ cup water
- Baking sheet
- Rolling pin (optional)

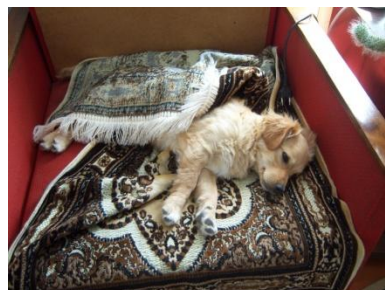
To prepare:

- Preheat oven to 350.
- Combine all ingredients and mix well.
- Shape dough into very small, bite-size balls and flatten on lightly greased baking sheets.
- If you wish, you may roll dough onto a floured surface with a rolling pin and cut into shapes with cookie cutters.

- Bake for 20 minutes or until cookies are firm.
- Store in an air-tight container in the fridge to keep them fresh.

Crunchy Apple Cinnamon Drops for Dogs

- 1 large apple, minced
- 1/4 cup honey
- 1/2 cup of water
- 1/2 teaspoon cinnamon
- 1 cup oatmeal
- 1 ½ cups flour



Zena Clements

To prepare:

- Preheat oven to 350.
- In a large bowl, combine the minced apple bits, honey, water, cinnamon, and oatmeal (make sure you throw out all apple seeds, as these are considered toxic for dogs!). Gradually blend in the flour.
- Spoon the dough by rounded teaspoon onto ungreased baking sheets, spacing about 2 inches apart. Adjust the size of the drops based on how big a treat you like to feed your dog.
- Bake for 30 minutes.
- Reduce oven temperature to 325 ° F, then return cookies to oven and bake for an additional 30 minutes.

The following are recipes that both dogs and cats will enjoy.

Veggie cheese bites

- 1 cup flour
- 1/4 cup milk
- 1/2 cup grated cheese
- 1/2 cup cooked peas or carrots
- 1/4 lb butter



Micah by Tommy Boyd

To prepare:

- Preheat oven to 375 degrees.
- Combine all ingredients and form into a ball.
- Chill 1 hour, roll onto floured surface, and cut into bite-size pieces.

- Bake for 15 minutes or until slightly brown.

Meat, cheese, and veggie bites

- 1 pound ground meat
- 1 egg
- 1 teaspoon chopped parsley
- ¼ cup shredded cheese (optional)
- ½ cup chopped veggies (optional)

To prepare:

- Preheat oven to 350 degrees Fahrenheit.
- Mix all ingredients in bowl.
- Shape mixture into bite-size balls.
- Bake for 10 minutes or until brown.
- Cool and serve or seal in airtight container and store in fridge or freezer until ready to serve.

Meat n tater mash

- 1 egg
- 1 to 2 tablespoons mashed potatoes
- ½ cup diced cooked meat
- ½ cup chopped cooked veggies
- ¼ cup grated cheese

To prepare:

- Warm a small amount of oil in a medium-sized skillet.
- Blend the egg and potatoes in a bowl and then spread in the skillet.
- Lay the meat and veggies on top in even layers.
- Cover and simmer until the egg is cooked and the mixture is warm.
- Sprinkle cheese on top of mixture and cook a few more minutes until cheese is melted and egg is golden brown.
- Cool thoroughly, cut into wedges, seal in airtight container and put in fridge or freezer until ready to serve.

How to Quickly Turn a Can of Pet Food into Nutritious Treats

If you buy commercial canned food for your dog or cat, you can "repurpose" a can for use as a supply of healthy treats.

Open a can of your pet's favorite brand, preferably something with a strong aroma, and spoon out little treat sized amounts onto a baking sheet covered with parchment paper.

Put the baking sheet into the freezer until the bite sized bits of food are frozen. Then move them to an airtight container and back into the freezer they go until you're ready to treat your pet to a treat! (Most dogs will enjoy the treats frozen, but you'll need to thaw them to a chewy consistency for kitties.)

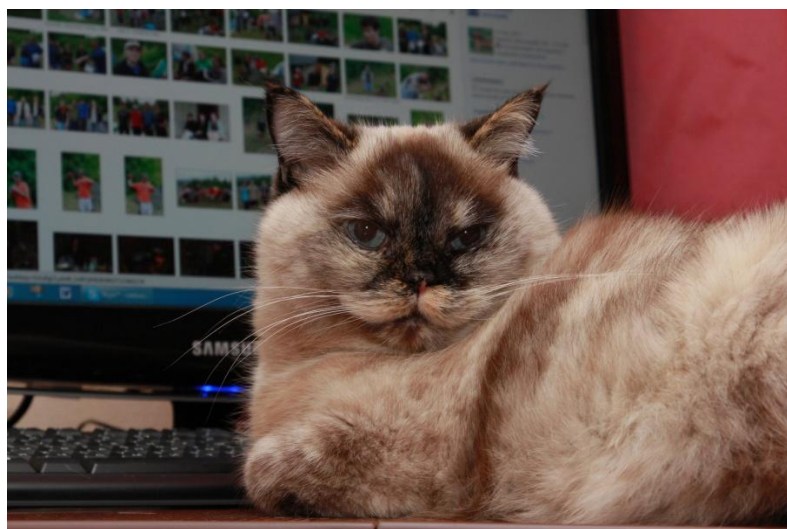
Recipes from:

http://www.huffingtonpost.com/dr-karen-becker/pet-treats_b_1724707.html

<http://www.petsafe.net/blog/2012/03/30/the-betty-crocker-school-for-pets/>

Recommended reading

If you're interested in learning more about feline nutrition, Catinfo.org is a great resource. It explains in more detail the link between a high-carb diet and feline health problems, and if you enjoy pictures of adorable talking cats as much as we do, it's a must visit.



Lusya by Vasyl Stefurak

Behavior and Training

“Does being adorable count as a trick?”



Lusya by Vasyl Stefurak

Body Language:

Recognizing stress and fear in cats:

- flattened ears
- hissing
- growling
- cowering
- raised hair on back
- puffed tail

Recognizing stress and fear in dogs:

- growling
- flattened ears
- Tail tucked between legs
- raised hair on back
- bared teeth
- excessive panting or drooling

Meet and Greet Basics:

Approach an animal slowly and lower yourself to his or her level.

If the animal approaches, allow him/her to smell you.

If the animal starts to show any signs of being threatened or frightened, back away quickly and smoothly.

Do not make sudden movements or loud sounds. Speak quietly and calmly.

Avoid putting your hand over an animal's head unless you know the animal well.

Never stare directly at an animal or put your face in front of one unless you know the animal well.

Handling and Restraint:

Teaching an animal to enjoy and to allow being handled and restrained is a good way to prevent injuries from unexpected reactions and also makes physical examinations a breeze. If you have a young cat or dog, you can start by holding them gently, touching their paws, opening their mouth, checking their teeth, looking in their ears, etc., giving them a small treat every time you do so to create a positive association. If the animal is a bit older or does not enjoy being touched in a certain spot, be cautious, and start slowly. For example, if a dog does not like having her ears touched, start by holding your hands near the ears, maybe start by touching the head, and giving the dog a treat every time you do so. As the dog gets more comfortable, gradually work your way closer, repeating the process, until you get her accustomed to having her ears touched.

House-Breaking:

If you are housebreaking a kitten, you can begin with litter box training as soon as you can. Anytime he is about to go, pick him up and immediately place him in the box. Keep doing this, and eventually he will get the picture.

With dogs, house-breaking is done similarly. When the dog starts showing signs that he needs to go, immediately take him outside. Praise the dog when he has done a good job, and he'll eventually get the picture.

More Information-Behavior and Training:

http://www.humanesociety.org/animals/dogs/tips/dog_training_positive_reinforcement.html

Good overview on the basics of positive reinforcement training

“Don’t Shoot the Dog” by Karen Pryor

Great information on behavioral modification, positive reinforcement, and clicker training

Grooming Tips

(Lusya's supermodel pose)



Vasyl Stefurak

Cats

Cats, especially short-haired cats, require little grooming. Long-haired cats might need a bit of help, especially if their fur tends to mat up. If needed, invest in a fine-toothed comb to get rid of mats.

Regular grooming, even for short-haired cats, is good in a number of ways. One, it's a good way to bond with your cat, since kittens receive care in the form of grooming from their mother. In addition, it is healthy for your cat's skin and circulation, and is a good stress-buster, almost like a massage. Also, occasional brushing is a good time to check for fleas and ticks. Signs of fleas include black specks ('flea poop,' usually found at the nape of the neck and near the base of the tail). Ticks usually are a dark, easy to spot, pea-sized lump.

Teeth and Nails

Teeth should be relatively white. With age, teeth will start to yellow and animals will tend to lose teeth. But breath should smell fresh, there should be little plaque, and the gums should be pinkish in color.

Cats usually do not need nail trimmings, but if needed, snip only the tip and avoid the quick, the reddish or pinkish part where the nerves and blood vessels are.

Dogs

Dogs need occasional grooming to help get rid of loose fur. If needed, invest in a fine-toothed comb to get rid of mats. In addition, grooming is a great way to bond with your dog, help her relax, and improve her circulation.

Also, occasional brushing is a good time to check for fleas and ticks. Signs of fleas include black specks ('flea poop,' usually found at the nape of the neck and near the base of the tail). Ticks usually are a dark, easy to spot, pea-sized lump.

For ears, some buildup is normal. Occasionally flush ears with saline solution (you can make your own saline solution using a 1 to 1 solution of vinegar and water). Put the solution in a squirt bottle. Squeeze some into the dog's ear. Cup your hand over the ear and gently massage the base of the ear to help loosen debris in the ear canal. Let the dog shake it all out. Go through with some cotton balls and q-tips to wipe up and clean up.

Teeth and Nails

Teeth should be relatively white. With age, teeth will start to yellow and animals will tend to lose teeth. But breath should smell fresh, there should be little plaque, and the gums should be pinkish in color.

Dogs usually do not need nail trimmings if they are walked regularly, but if needed, snip only the tip and avoid the quick, the reddish or pinkish part where the nerves and blood vessels are. In dogs with black nails it can be difficult to see, so work very carefully. A good rule of thumb is to cut only where the nail starts to curl, not much above that.

Bringing Your Furry Friend Home!

Step One: Get a cat passport. You can buy these at any animal shop, or vet. They should cost you anywhere from 10 to 20 UAH

Step Two: Once your animal is the proper age (at least 2-3 months old) you need to get it a rabies shot. Make sure to bring your pet passport and have the vet document the shot in the passport.



Chelsea Evans

Also if you are planning on travelling anywhere in the EU (not including flight layovers) you will need to get a microchip for your pet. Getting your animal sterilized is not a requirement for air travel.

Step Three: Always check the airline's policies before booking a flight, every airline is different and may not allow your pet to fly home during certain months, or at all.

Step Five: Once you have done your airline research, and have booked your flight, you will have to make a separate reservation for your pet. There are three options, depending on the size and weight of your pet. You can take your pet as a carry on, checked baggage or as cargo. There are advantages and disadvantages as well as restrictions to each of these shipping options, so it's best to do your research before you choose the best option for your pet. Each option will have different requirements regarding carrier size, and other logistical details. All of this information is available online, or by telephone. We suggest that you always call the American/English phone line, as they are more knowledgeable about pet travel.

Step Six: Get your furry friend ready! Now that you have booked the reservation and hopefully bought the carrier, you can start to get your pet ready! We would suggest leaving the carrier out for a week or so, letting your animal explore what will be their home for at least 24 hours. If you are planning on using pee-pads (easy travel pads that absorb pee), it's a good idea to introduce them beforehand. Put them under the litter box if you have a cat, or put them in place of the litter box with a small amount of litter on top. No matter how you ship your animal, this trip will be extremely stressful, so do your best to prepare your furry friend!

Step Seven: 5-10 days before you intended to travel with your furry friend, you will need to visit a state veterinary clinic. There you will need to ask for form #1, which will state that your pet is in good health. This process should cost around 50 UAH. Please note that this is not a common form for Ukrainian vets, and it's a good idea to go ahead of time and let them know what you will need.

Step Eight: You've arrived at the airport! Now you'll need to go to the vet clinic in terminal F. Take a left when you walk into the terminal and go up to the second floor, that's where it is located. There they will need to see your pet passport and your certificate of health from your local state vet. You will pay 85 UAH for another certificate of health from them. Once you have completed this, you can check in for your flight. The flight checker will give you a receipt to pay for pet travel. Although the airline quoted me 200 Euros, I only had to pay 535 UAH. You will bring that receipt back to the flight checker, and he will issue you your tickets! From there it's safe travels back to the states!

~Chelsea Evans, who returned safely back to the US with her cat in December 2012 ☺

Basic First Aid – Vital Signs and Temperature

Low Temperature/Hypothermia—signs in dogs and cats:

- Weakness
- Shivering
- Lack of mental alertness, being in a daze
- Muscle stiffness
- Shallow, slow breathing or difficulty breathing
- Fixed and dilated pupils
- Weak pulse (see below)
- Coma

Treatment:

Make sure that fur is not wet. Dry animal immediately.

Wrap animal in a towel. Use warm water bottles if needed.

If symptoms do not improve or worsen, contact a vet.

Prevention: During cold weather, limit time outdoors, even if your pet enjoys it. If it feels cold for you, then most likely it'll be for your dog or cat as well!

High Temperature/Overheating--signs in dogs and cats:

- Overall high body temperature
- Weakness
- Shivering
- Decreased appetite
- Dehydration
- Rapid heart rate (see below)
- Rapid breathing (see below)

Treatment:

Move animal to a cool place.

Wrap a wet towel around the animal or even let him lie in a tub and pour cool water over him. Focus on the ears and the feet.

Check to see that animal is staying hydrated.

If symptoms do not improve or worsen, contact a vet.

Prevention: Avoid taking animal out or exercising them during peak hours of heat. Offer plenty of water.

Heart Rate: Cats, 130 - 240 beats per minute
 Dogs—12-24 breaths per minute at rest

For both dogs and cats: the pulse can be taken by placing a finger over the large vein on the neck (jugular), or by placing your hand on the inner thigh to find the large vein there (femoral artery). Count the number of beats in 10 seconds (or 15 seconds) and multiply by 6 (or 4).

Respiratory Rate: Cats 20 - 30 breaths per minute at rest
 Dogs 12 - 24 breaths per minute at rest

For both dogs and cats: count the number of times the chest expands in 10 seconds (or 15 seconds). One respiration is an inhalation & exhalation. This is easiest to see when standing directly above the animal while looking down at her back, or by watching or resting your hand on the ribs, then multiplying by 6 (or 4).

*Size can also affect vital signs. The smaller the animal, the higher the vital signs tend to be, so a small variation should not be a cause for alarm.

**Also, if the animal is under stress, it can affect the accuracy of the readings.

Basic First Aid—Common Ailments and Concerns

Bleeding:

Flush the cut with clean water. If needed, clip hair for better visibility.
 Clean the area with sterile gauze or a clean napkin. Press firmly for 10 – 20 seconds until bleeding stops. Wrap with clean cloth or a sterile dressing.
 If bleeding does not stop for 5 minutes or if the wound is deep, contact a vet.

Dehydration:

Symptoms may include:

- High temperature
- Exhaustion
- Dry mouth
- Skin inelasticity

Test your dog or cat's skin elasticity: gently pull the skin near the middle of the back. If he is dehydrated, then the skin won't have its usual elasticity and won't bounce back as quickly.

- Loss of appetite

Loss of color in gums

Check the gums. Press them gently and briefly with your thumb. Blood is forced through the gum and should return to its normal color within 2 seconds.

Treatment and Prevention:

Each day, an average dog normally needs about 1 oz. of water for every ounce of body weight. The requirement may increase or decrease depending on activity level and weather.

When the weather is hot, make sure animal does not overheat and has access to water.

Diarrhea:

Causes:

- Dietary change
- Food poisoning
- Parasites
- Stress

Treatment and Prevention:

In the case of dietary change, be sure not to switch diet immediately. Slowly introduce a new diet over a period of time.

Parasites can be treated with antibiotics prescribed by a vet.

If food poisoning is suspected, immediately remove all food. Provide water and watch that animal is not getting dehydrated. Fast animal 12 to 24 hours and keep animal under observation. If symptoms do not improve or if there is blood in stool, see vet.

Ear problems:

Symptoms may include:

- Shaking of the head
- Scratching of the ears
- Problems with balance
- Bad smell (usually an indication of infection)

Causes:

- Foreign object in ear
- Mite infestation

Treatment and Prevention:

For mites, an antibiotic gel or topical drops may be recommended.

To prevent, occasionally flush ears with saline solution (made by mixing one part water to one part vinegar) and gently clean out the ears. Avoid areas where there are fox tails or similar plants where the animals can get the seeds lodged inside their ears.

Hair Loss and Skin Problems:

Symptoms may include:

Scratching

Patchy, un-uniform, localized hair loss, bald spots

Scale-y skin, excessive dandruff

Causes:

“Hot Spot”

Demodectic Mange

Ringworm

Treatment and Prevention:

A “hot spot” is an area where a dog has scratched an itchy flea bite to the point of baldness and irritation. Use a flea collar or a topical anti-flea treatment, prevent your pet from picking too much at the spot, and the hair should grow back in no time.

In dogs and cats, primarily puppies and kittens, sometimes an allergy-related or immune problem can cause the over-population of mites (Demodex). Most dogs and cats have no problems at all with Demodex and in households where more than 2 dogs or cats live, there’s no need to be worried about transmission. And in most cases, it clears up on its own. If hair loss, itching, and scaling of skin is severe, treatment can include a topical anti-biotic (a ‘-mectin,’ Ivermectin, selamectin; dogs related to collies usually cannot use this drug).

Ringworm is very difficult to avoid and very time-consuming to treat. It may be asymptomatic and can be passed interspecies. However, only immune-compromised individuals risk contracting ringworm. Unlike its name, ringworm is not actually a worm but a fungus related to athlete’s foot. It can only be confirmed by a skin scraping test. It usually appears as a patch of skin where the surrounding area is red and raised, like a ring. It may itch and flake. For humans, it can be easily treated with a topical anti-fungal (usually an ‘-azole,’ clotrimazole, fluconazole) like the one provided in the medical kit. Keep area dry. It can take 2 to 3 weeks for it to clear up. Bedding and

clothing should be washed during treatment of ringworm, ideally in a bleach bath, to avoid transmission.

Upper Respiratory Infection (URI) – Common Cold

Symptoms may include:

- fever
- runny nose
- sneezing
- runny eyes
- coughing
- rapid breathing
- loss of appetite
- lethargy

Treatment and Prevention:

Usually animals will recover within 7-10 days on their own.

Meanwhile, it is normal for them to be sluggish and eat little. Check to make sure that animal is staying hydrated. Antibiotics can help manage the symptoms. If symptoms don't improve, it is possible that the animal might have something that requires a vet's diagnosis.

Vomiting

Vomiting can be caused by many things from dietary changes to over-eating. Oftentimes regurgitation is mistaken for vomiting. You can usually tell regurgitation by the contents (bits of undigested food). Vomit will have bile, usually a yellowish or greenish color. Vomiting will usually clear up on its own and is usually not a cause for concern unless the animal is losing weight, it's causing dehydration, it continues for more than 24 hours, or if there is blood in the vomit. If that is the case, see a vet.

More information—Pet Care and Health:

<http://www.asPCA.org/Pet-care>

Sources

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